



The Fleet Foot



\$2.00

Volume 31 Issue 11

Newsletter of the Gulf Winds Track Club

Dec. 2006



Turkey Trot

L to R

Alex
Brickler
Matt
Dobson
Sheryl
Rosen
Gary
Droze

Breda
Dennehy-
Willis
Mike
Martinez,
Amy
Paine
Jesse
Close

**THE GIFT THAT KEEPS ON GIVING! YOUR GULF WINDS
MEMBERSHIP. PLEASE RENEW. MEMBER FORM ON PAGE 38**

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Upcoming Grand Prix Races

Dec 2 GWTC 10M/5M Last of 2006!

Turkey Trot Story on page 24



**Christmas Party
Dec. 16, 7-11
American Legion Hall**



Gary Kenney at the Albertsons 5K

Julie Clark at Albertsons 5K



Stephanie Liles, FSU Cares

David Yon and Mike LaBossiere, FSU Cares

NYC Marathon finishers

Loranne Ausley 3:59:13
Connie Clarke 3:54:43
Dena Coukoulis 4:40:13
Robert Turner 5:07:15
Nick Yonclas 3:57:29

P.R.'s

Don Smith 3:09:36
 Philadelphia Marathon
Keith Rowe 19:54
 Chili Cookoff 5K
 Boston Half Mar. 1:36:47
Willow Shanti 30:25
 at Trick or Treat 5K
Beth Alexander 52:17
 Veterans Day 10K
Beth Alexander 2:00:06
 Boston Mini Half Marathon
Nancy Laux 23:28
 Turkey Trot 5K

Kentucky Arches 34 Mile Ultra

Gary Griffin 7:19:05 10th place
Jo Lena Pace 8:35:50 33rd place



The Lost are Found!

From **Gene Opheim**: I met **Mike Eakin** at Lowes this week. He and his wife Janice live in Wakulla county. Mike retired from the state early this year. He now has a construction/ repair work business. Says he is having a wonderful time.

From **Rex Cleveland**: **John Hesselbart** is still living in the Charlottesville, Virginia, area, and appears to still be doing customized computer programming for business solutions. Confirmed by **Gordon Cherr**. **Felton Wright** is in contact with him if you need details.



Tracker of Lost Members

Whatever happened to **Will Walker** and **Rick Miller**?

Triathlon News!

Miami 1/2 Ironman

Michael Boll 6:32:06
Sara Cleveland 6:18:13
Jobst Elster 6:42:37
Barbara McNeal 5:53 2nd AG

International Distance

1.5k swim 40k bike 10k run
Seeley Lovett 1:56 1st Female
Sandra Holt 2:51:13
Kathy Lindsay 2:30:53 1st AG
Jeremiah Mapes 2:27:21
Paul Peavy 2:47:13

Clearwater 1/2 Ironman

Robin Safley 5:26:43
Bob Keller 7:44:57

1/2 Ironman Duathlon

Chuck Davis 5:12:27
Anne Geroux 5:31:44

Emerald Coast Triathlon #4

Stephanie Liles 2nd Female
Mike Weyant 1st Male

Florida Challenge Triathlon

Jeff Bowman 1st 45-49

Ironman Florida Panama City, FL

Grady Smith 10:55:28
George Palmer 12:12:27
Hamp Stoutamire 12: 35:08

New Member: Jill Fabozzi

**GULF WINDS TRACK CLUB
October 11, 2006 Business Meeting
Hosted by David and Mary Jean Yon**

Board/GWTC Members present: **David and Mary Jean Yon, Judy Alexander, Beth Alexander, Charlie Yates, Fred and Margarete Deckert, Joe and Nadine Dexter, Bill Lott, Peg Griffin, Lisa Unger, Bonnie Wright, Paul Ahnberg, Tom Perkins and Bill McGuire.**

David Yon called the meeting to order at 7:42 PM and quorum was established. The September minutes were reviewed. A motion was made, seconded and passed by unanimous vote to accept the minutes as revised.

New Business: **Bill McGuire** presented the slate of officers for the 2007 election. He suggested including a paragraph for all candidates in the election mailing. The new slate includes **President: Mary Jean Yon, Vice president: Paul Ahnberg, Treasurer: Gene Opheim and Secretary: Beth Alexander** with Board of Directors (5 positions): **Judy Alexander, Bob Asztalos, Gordon Cherr, Mae Cleveland, Nadine Dexter, Terry Massa, Keith Rowe, Tara Stalnaker, and David Yon.** **Jeanne O'Kon** and **Peg Griffin** will serve as members on the election committee. A motion was made and seconded to accept the slate as presented.

REPORTS:

Race Director Coordinator – Charlie Yates reported that both Bowlegs 5K and GWTC 30K have designated the same day as their race date. Since two Club races cannot have the same date, he will coordinate with the race directors to fix this situation. **Peg Griffin** suggested a list serve for race directors that Charlie can contact with race dates as they are set and change throughout the year. An October race on campus, Habitat for Humanity, was cancelled since it fell on same date as home football game; no permit could be obtained.

Race Director – Lisa Unger reported the Women's Distance Festival earned money. Since the profit was small, a

motion was made, seconded, and passed unanimously for the Club to match funds donated to the Brehon Institute. **Peg Griffin** presented the budget for the Ultra Distance Classic. A motion was made, seconded, and passed unanimously to accept the budget as presented. **Judy Alexander** reported she is working to increase the number of participants in the 1 mile race at Springtime. She is collaborating with the Boy and Girls club on this. **David Yon** reported that Bill is securing musical talent for the Turkey Trot Music Fest.

Membership – Peg Griffin reported that there are currently 719 members represented by 412 households. She wants to send out a flyer first class to renew memberships.

Grand Prix Committee – Lisa Unger presented the revised Children's Grand Prix race schedule. After discussion, it was suggested that a 5K option be added to the Run for the Cookies, the Women's Distance Festival, and the Turkey Trot. A motion was made to accept the Children's Grand Prix schedule as amended, seconded, and passed by unanimous vote.

Treasurer's Report – Bonnie Wright reported she transferred suffix 4 (Seminole Track Invitational) to 5(Chenoweth). Suffix 0 will go to 5 also. Bonnie will check on the CD rates since a CD will mature soon.

Chenoweth Fund – David Yon reported the Aucilla Christian Academy requested \$350 to travel to prestate meets. A motion was seconded, and passed unanimously.

Clothing Coordinator – Margarete Deckert sold 4 shirts.

Newsletter – Fred Deckert no report. He raised the question if the Club wants to collect fees via a credit card machine. He has acquired a free machine. He thinks this will provide an easier way for some to register for races or renew Club membership, however, he realizes a responsible person would need to take charge. A drawback is the 3% processing fee collected by banks. Fred will collect more information and report back to the Board.

Training Committee – Nadine Dexter reported the sixth running class was this

evening. October 25 is the last class which will conclude with a party and the Board is invited to attend.

Equipment – Joe Dexter sold the trailer. He reported he purchased a new clock, 2 stands, and printer timers.

Social Coordinator – no report.

Lecture Series – Nadine Dexter proposed inviting the Chi running authors to give a lecture and workshop. She will collect more information about details including costs and report back.

There was a motion to adjourn at 9:12 PM, which was seconded and passed by unanimous vote.

The next board meeting will be held on November 8, 2006 hosted by **Joe and Nadine Dexter**.

These minutes have been reviewed and accepted by the Board.

GWTC Board Meetings 7:30 p.m.

Dec. 13 Judy Alexander, Brian Corbin

Jan. 10 Bonnie Wright

10 words to confuse your friends

1. **Hypobulia:** Can't make up your mind.
2. **Kalopsia:** Things look more beautiful than they are.
3. **Sciapodous:** Huge feet.
4. **Haptepronia:** Hot to trot. (Not with #3)
5. **Callipygian:** Nice buns.
6. **Philoginist:** Lover of women. (especially with #5)
7. **Microlipit:** Worked up over trifles.
8. **Rytiphobia:** Fear of wrinkles.
9. **Gymnophobia:** Fear of being naked.
10. **Ablutophobia:** Fear of bathing. (Doesn't go well with #9)

Gulf Winds Track Club

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GWTC Web Site - www.gulfwinds.org

The Fleet Foot

Newsletter of the Gulf Winds Track Club

Editor: Fred Deckert,
893-9739, fdeckert1@juno.com

Columnists: Jack McDermott, Jane Johnson

Advertising Copy

The maximum print size of our page is 4.5 in. wide by 7.5 in. high. If possible, ads should be sent as MS Word files. Ads will look best with standard fonts (Arial, Times New Roman), formatted to fit the desired size. The simple way is to use 2 inch margins on 8.5x11 paper. Please use graphics with adequate resolution. If only hard copy is available, please make sure it is clear and sharp as it will have to be scanned and reformatted. Questions, contact the editor.

Advertising Payments:

Full Page-\$50, Half Page – \$28, 1/4 Page-\$16, Run twice, no changes – \$46, \$25, \$14 each. Yearly rates: \$400, \$225, \$125. Letter-size centerfold race flyer-\$100.

Payment in advance/checks payable to **GWTC-Fleet Foot** and sent to:

Fred Deckert, 6323 Count Fleet Trail, Tallahassee, FL 32309

Submissions/Contributions

Submissions for publication are strongly encouraged. For text, the preferred format is Microsoft Word. For race results, Excel spreadsheets or MS Word files are preferred. Hard copies are undesirable. For more details or to contribute material contact the editor.

If you have pictures or stories about your running group, don't be shy. Photos should be in jpg format if at all possible. Contact me if you have questions.

Fred Deckert
893-9739, fdeckert1@juno.com

GWTC Merchandise

**NEW! 2006 GWTC
RUNNING CALENDAR!**
In color \$3.50, b/w for \$1



Shirts are all \$10
New GWTC blue "muscle" and regular tank tops
Kerchiefs, Visor and "license" plate are \$5 each.

Contact: Margarete Deckert
893-9739

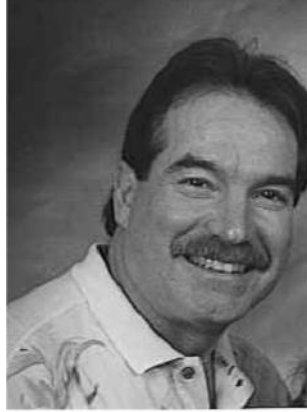
Change of Address

Your newsletter will not be forwarded; you must provide your new address and phone number. By mail to:
GWTC-MSHP, P.O. Box 3447, Tallahassee, FL 32315; or call **Peg Griffin 893-6816.**
e-mail at swimmer@nettally.com

Stepping Down From the Pulpit Tom Perkins

Presiding over a GWTC meeting is like herding cats. First, you have to open a can of cat food to get them all in the same room. We don't get to see each other dressed in real clothes that often, and so it's like meeting someone new. We have to socialize until we are convinced that these are the same sweaty people that we run with on the trails. Then there is the ritual of seating. **Charley Yates** always seats himself in the most comfortable chair that befits his status. **David Yon** finds a place that renders him invisible to all but me. I sit so that no one can sneak up behind me. Then everyone sits with the person with whom they are engrossed in conversation at the time the meeting is called to order. The 7:30 P.M. meeting starts precisely at 7:38 P.M. From that point on, the Board meetings resemble controlled chaos. I sometimes feel like a lifeguard in that elevated chair, watching people flail in the pool. **Bonnie Wright**, my faithful treasurer, starts kicking me under the table to let me know that it is almost ten minutes till her bed time (8:00 p.m.), and to hurry the meeting along. (Note to next President – Don't let your treasurer wear pajamas to the meetings!) When the business has ended and I'm the only one left in the room, the meeting is called to an end. Visitors are often shocked at how we conduct business until I assure them that we are all, in fact, well-medicated. Despite our best efforts, the club still prospers.

All kidding aside, I have never been more honored than when you



entrusted me to head this organization for the past three years. "Organization" is the key word. Members come to the board with an idea. The merit of the idea is bandied about, suggestions are made, and a plan is devised. People volunteer to help make the idea a reality. Everyone contributes to the club in some way. I dare you to go to another city and try to find a club that is equal to Gulf Winds Track Club. From the Summer Evening Track meets to the Owl Run at Gretchen Everhart School to the Wild Mountain Scramble to the Tallahassee Marathon, no other club can match our diversity of runs and our dedication to the community. Dedication and volunteerism is what makes this such a great organization.

This is "a Social Club with a running problem." I am humbled constantly by the outpouring of friendship shown by the members of this club. Whether it is illness, injury, or the death of a loved one, you are there to stand by in the time of need. It is just this unity and sense of community that binds the runners together. I met a young lady from Australia at a Springtime 10K training group a couple of years ago. She didn't know anyone or anything about Gulf Winds Track Club. Then, fast forward to today. My friend Michelle Stuckey and her husband, Dean Paini, are moving

(Continued on page 15)



Discounts for GWTC members



Show your GWTC membership card or newsletter mailing label when purchasing goods or services at these businesses and you'll benefit from discounts as indicated.

Kelly Wood, LMT (MA#21209) Sports, relaxing, and rehabilitation massage \$10 off full hour session. 575-1096

Heather Warner, LMT #31847. Sports massage for improved performance and recovery. \$10 off regular prices. 681-2122 (work), 878-0714 (home).

Great Webspectations 20% discount on all Web design services. Will also evaluate your existing site free of charge. www.greatwebspectations.com or 850-514-2132 (Tallahassee).

Pro Fitness Consultants Multi-Sport/Triathlon and Personal Training, 10% off regular prices. Contact Rolando or Claritza, 297-1300.

Tallahassee Massage Therapy; Brett A. Pace L.M.T. (MA #0010284), 681-2122; Sports massage for rehabilitation and prevention; \$5 off half hour price, \$10 off full hour price.

Ivan Glymph, The Fitness Edge. ACSM & USCF certified, 656-1299; 10% GWTC discount on all services: personal training, testing, exercise prescription, cycle coaching & more

Shaw's Athletics, 1415 Timberlane Rd (Market Square), 893-5597 10% off running shoes with cash or check; 5% with credit card; returns for store credit only.

Intelligent Internet Strategies New web-hosting accounts - 20%; Web site development or makeover - 10%; All electronic marketing activities - 5%. 894-1095. iistrategies.com

Mark Campbell, Licensed Massage Therapist. Certified Personal Trainer. 10% off to Gulf Winds Members.

Responsible, fun babysitter, reasonable rates, has taken TMH Babysitting Course: Call Whitney Alexander 383-1361.

Denise A. Carafano, LMT (MA-27475) 445-2250. Deep Tissue/Swedish Massage (Chair massage available, also) 35 minutes @ \$30 & 10% off.

Goodfinds, Second Hand Furniture & Collectibles **Cassandra C. Shepherd, Proprietor.** 3100-A South Adams Street, Tallahassee, FL 32301. 850/402-3100. GWTC members will get the royal treatment at GOODFINDS.

Dr. Wallace Randell, Northampton Animal Health Clinic. 2910 A-12 Kerry Forest Parkway, Tallahassee, FL 32309, 668-8031. 10% discount on professional services.

Joy Key Photographic artist, 161 Country Club Road, Bainbridge, GA. 39819. 229-246-8620, 229-416-8620. 20% discount for family sessions.

www.joykeyphotography.com

Katie Sherron. Math and Economics Tutor. Graduate student with 7 years experience working with elementary, high school, and college students. Resume and/or references upon request. \$25/hr for GWTC members. Call 574-6366.

Discounts do not apply to special sale items, or when using coupons or other discounts. At time of purchase, please show your membership card (back of each issue).

Note to Businesses

We'll put you in this list if you offer a discount to Gulf Winds Track Club members. Email: fdeckert1@juno.com. Your product or service need not be running-related.

Training Groups/Weekly Events

Intervals: Tuesdays, 6:30 pm FSU Track. Planned, supervised workout for runners intent on improving in distance races. Contact John at 212-5680 (days); 656-7064 (eves) or Gary Droze 668-2373 (work) 942-7333 (home) email gdroze@maclay.org. See the Tuesday Night Speedwork album, <http://members3.clubphoto.com/john272201/221734/guest.phtml> .

Sunday Streakers: Sunday mornings, 7:00 a.m. at various locations. 10 miles minimum at about 9 min. per mile. Averages 8-15 people. Come join us! To get on the e-mail list to receive information on where and when the group meets contact Sue Kelly, kellys@dfmc.org.

Sundays at 7:30 am: Almost every weekend groups run from Forest Meadows around Lake Overstreet or the Phipps Property.

Water Running: To learn proper water running technique, contact Gary Droze, Instructor, to arrange a workout/training session: 942-7333.



Triathlete Training & Contacts

Triathlon events: Jeff Bowman - awesometri@hotmail.com, Bob Keller - bobdutri@aol.com

Cycling: go to <http://www.cccyclists.org/roadsched.php3> for Capital City Cyclist training rides.

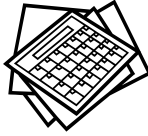
Swimming: Master's swim 5:30 AM Monday thru Friday - Myers Park Pool, monthly fee gets you a coach on deck.

Master's swim 11:40 AM Monday thru Friday - Trousdell Pool, daily fee gets you a lifeguard in the stand.

Social Events: www.gulfwinds.org for more club info, and to join GWTC.

Multi-Sport Clubs & Contacts:

- USA/World Race Calendar by State - www.trifind.com
 - Beaches Fine Arts Triathlon Series, Jacksonville FL. - www.bfastriathlon.org
 - Clermont Triathlons - www.triflorida.com
 - John Boyle Races - www.cuattheraces.com
 - Exclusive Sports Marketing Races - www.palmtreesportsclub.com/ (Publix Family Fitness Weekends)
 - Set-Up Inc., Triathlons in the NC,SC,GA area - www.set-upinc.com
 - Charleston Triathlon Club, South Carolina, www.awod.com/gallery/probono/ctc/
 - Nature Coast Sprint Triathlon Series, www.drc911.com/triathlon.htm
 - Blue Sky Sports, Triathlons in the North / Central Georgia Area, www.tribluesky.com/
 - Great Smoky Mountain Triathlon Club, www.gsmtc.com
- [North Florida RRCA Rep michael.s.bowen@gmail.com](mailto:michael.s.bowen@gmail.com)
 Michael Bowen North Florida State Representative, RRCA
 3365 Adrian Road, Pensacola, FL 32504
 H - (850) 308 1953 C - (850) 375 9277
http://www.geocities.com/rrca_north_florida



Race Calendar

Please note: Most of the events below are not organized by or affiliated with Gulf Winds Track Club. **Grand Prix Events are underlined.**



Confirmed events are in **bold**. * Indicates a GWTC

event. CT=Central Time. Entry forms may be at local stores, races and GWTC meetings. If no state is listed, it is Florida. **Verify information** before traveling; errors, omissions and changes do occur. If not listed, area code is 850. **To list races (no charge), send details to fdeckert1@juno.com.**

Call (850) 386-GWTC (4982) for a recording of more recent information on area events and the Gulf Winds Track Club. Sponsor: Dunn Chiropractic, 1213 N Monroe St, Phone 222-1171. Special thanks to Charlie Yates for the race information.

December

***2 GWTC 10M/5M, 8 a.m.** Jackson Bluff Road , approx. ½ mile west of Cap. Circle. Judy Alexander 383-1361, jalexander98@comcast.net. Page 16

2 Jingle Bell Run. 6:45 pm.Call and Monroe. Shannon Sullivan 576-3338

***9 Tallahassee Ultra.** 7 a.m. Wakulla Springs S.P. Gary Griffin runlong@nettally.com. See page 17

January 2007

6 Navarre 1/2 Marathon, 10K, 5K (projected)

6 Kiwanis Run 5K/10K, 9 a.m. Earle May Boat Basin, Bainbridge, GA. benfuller@bellsouth.net, (229) 243-7798. Reg. at www.active.com

***13 GWTC 30K, 15K.** 8 a.m. Bradley's Pond, Centerville Rd. 297-0009, mcdanieljackie@hotmail.com, . Reg. at www.active.com. See page 18

20 Bowlegs 5K, FSU Eng. Bldg. 9 a.m. Larry Giunipero 878-5569, Bill Hillison 893-4557. See page 23

27 Special Olympics 5K Run/Walk. 8:30 a.m. FSU Mike Long Track. TerryMassa@aol.com

27 Hog Wild 5 MI. 2PM CT. Dothan, AL . Larry Dykes drcprez@yahoo.com

February 2007

***4 Tallahassee Marathon/Half Marathon.** 7:30 a.m. FSU Mike Long Track. www.tallahasseemarathon.com, jsilvanima@aol.com

10 Cookie Run 5K/1M. 8:45 a.m TCC Campus. Jeanne O'Kon, Tom Perkins 893-2019

17 Flash 12K . 8:30 a.m. J. Lewis Hall Park, 3 miles south of trailhead. Joe and Nadine Dexter 878-7880 or 766-2615

24 Race Judicata 5K. 8:30 a.m. FSU Law School. Megan Morley mmm04e@fsu.edu

24 5th Annual Navy Jr. ROTC Reineking 5K. 8:30 a.m. Maclay Park. fowinklec@fsu.edu.

March 2007

3 Thomasville Road Community Baptist 5K/10K. 8 a.m. 3131 Thomasville Rd. greabevis@yahoo.com, 508-0874 www.thomasvilleroad.org/10K. See page 19

Gulf Winds Track Club 2007 Grand Prix Series Schedule

1	January 6	Kiwanis River Run	10K
2	January 13	TLH 30K	30K
3	February 4	TLH Marathon	full
4	March 31	Springtime	10K
5	April 14	Palace Saloon	5k
6	April 28	Rose City	10k
7	May 5	Furry Scurry	5K
8	June 16 (not firm)	Melon Run	5k
9	August	BOT	1M
10	September 15	WDF	5k
11	November 3	Xmas Connection	5K
12	November 22	Turkey Trot	15k

Gulf Winds Track Club 2007 Kids Grand Prix Series Schedule

1	February 10	Cookie Run	5k or 1M
2	March 31	Springtime	1M
3	June 16 (not firm)	Melon Run	5k
4	August	BOT	1M
5	September 15	WDF	5k or 1M
6	November 3	Xmas Connection	5k
7	November 22	Turkey Trot	5k or 1M

Nancy S. Laux

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Scoring a Gulf Winds Race

By Sheryl Rosen

At every race, no matter the distance, runners barrel by the race clock, faces flushed, legs burning, lungs hungry for air. I call this phenomenon the finish-line stupor. It's a familiar state in which guttural sounds are the only practicable utterances. During this mere minute following the final sprint to the finish line, simple arithmetic would be quite unwelcome mental gymnastics, and keeping one's balance can prove challenging as the body readjusts to comparative stillness.

For many runners, this temporarily altered sort of consciousness also results in decreased awareness of the functions happening around them: someone – usually the ever-helpful Bill Lott – punching a button on some gadget at the finish line, someone collecting bib strips, and someone else handing out index cards. Only when I worked a finish line for the first time did I begin to pay more attention to these finish-chute staples I had breezed by, lactic acid and all, dozens of times.

My curiosity, paired with an admitted ignorance of how races are scored, led me to explore the events taking place both around us at the finish and after we fill out those annoying little index cards. If, like me, you have attended your share of races but the details have eluded you, you may too be wondering how results are mysteriously produced while you wait for the awards ceremony. Let it be a mystery no more. The following is a description of how Gulf Winds Track Club races are scored.

The scoring process actually begins before the first finisher crosses the line. As runners register, Peg Griffin – Gulf Winds' veritable queen of the laptop – or another scorer enters names, bib numbers, and other corresponding



information into race scoring software called RaceTrak. As the finishers arrive, a volunteer depresses a button as each runner crosses the line. Gulf Winds owns a computerized sport timer called the Time Machine, and that button, called the "plunger," is attached to the Time Machine like a remote control. The Time Machine,

which has a clock that is started with the start of the race, records each runner's respective finish time.

When the runners advance into the chute in their finish-line stupor, volunteers tear off each runner's bib strip, string the strip on a line, and hand the runner a numbered index card indicating the order of finish. If an unregistered runner, or bandit, crosses the line, the volunteers string a blank bandit strip to hold that person's place in the Time Machine data.

To obtain results for the race awards, the scorer imports the ordered list of finish times from the Time Machine into RaceTrak. He or she then scans the bib strips in the order of finish, and each bib calls up the corresponding runner's name. Once the scanning is completed, the scorer simply merges the two lists – the list of names from the bib strips and the list of times from the Time Machine. The computer prints out a list of winners in the various age and gender divisions, and the race director is ready to start the awards ceremony.

After the awards, the scorer then produces the overall results by cross referencing the information from the finish cards with the data from RaceTrak. It is here the scorer removes any bandit times and roots out any other problems. For instance, if the volunteer with the plunger accidentally presses it too many or too few times, the scorer returns to the finish cards and just removes or adds the extra finish

(Continued on page 13)

**Back of the Pack
“A Fond Farewell”
Jack McDermott**

All good things must come to an end --- as do mediocre things. Like Lance Armstrong, I could always threaten to come out of retirement at some distant point in the future, but this marks my last “Back of the Pack” article for the Fleet Foot. Although I believe this marks the 62nd article (*not counting those bad “Dear Flabbey” attempts*), it means 26

backwards, which is as good a time as any for a marathoner to stop.

So what have I learned over the last six years of *Back of the Pack* articles? Absolutely nothing! How about you? I keep making the same mistakes over and over again. Not enough sleep, not enough preparation, going out too fast, getting lost on the way to the event, and I keep eating Twizzlers on the morning of the race, which gives me the runs.

How it All Began

It began in 2000 and the world was a very different place. My microwave was on the fritz from the Y2K bug, Lance Armstrong was trying to prove his 1999 Tour win was not a fluke, and Britney Spears was still a --- woops can't say that word --- rhymes with sturgeon.

Like a bad chain letter, it began when people forwarded my reflections on the Internet. I had just blown-up by running a 3:40 in my second marathon ever at the Blue Angel Marathon in Pensacola, and forwarded a top 10 list of things I did wrong to **Kim Winn** who forwarded it to **John Kalin**, who forwarded it to the g-winds list. Somebody should have marked it spam. **Rex Cleveland** contacted me, and a star was born --- sort of. My first article appeared in the April 2000 Fleet Foot, and some of the pearls of wisdom are still relevant today.

If you run a marathon in another time zone --- be sure to set your clock



back. (*Paul Heirs woke me an hour early and threw me into a panic. I could not get back to sleep with my heart pounding. I thought I missed the race.*) Another pearl: Don't eat your pre-race meal at the Waffle House. I think the waffle had good carbs, but it was the butter and syrup that did me in. Finally, don't pee on a fence next to an angry neighbor dog at mile 14, or he may

startle you and force you to pee on your shoe.

Into the Future

How time flies. I've now completed 71 marathons, **Lance Armstrong** is retired after seven consecutive Tour wins, although he did finish in 2:59 at the New York City Marathon (*is someone not doping?*), **Britney Spears** filed for divorce (*I still have a chance!*), and the Blue Angel Marathon is no more. As we enter this holiday season --- let's all remember what we are grateful for. I am grateful I started running and still have some hair and don't look like **Dr. Phil**. I am also grateful for Fleet Foot editors **Rex Cleveland**, **Mike Labossiere**, and **Fred Deckert** for printing my material over the years. I bid you a fond farewell and a happy Festivus!

(Continued from page 12)

times. If two runners, such as a husband and wife, accidentally wear one another's bib, the finish cards again act as an insurance policy. In the very rare event that the laptop crashes, the results can also be produced using the cards.

I expected to find more mystery, so I am pleased by the relative simplicity of the process --- although it's not simplistic enough to comprehend in the perfunctory finish-line haze. But maybe that's a good thing.

(Thanks to **Peg Griffin** and **Bill Lott** for their helpful explanations.)

Featured Feet – Terry Massa

Childhood ambition:

Get married and have lots of babies! Needless to say, that was my CHILDHOOD ambition, which grew up along with me. I still haven't decided what I want to do when I grow up!



Biggest Challenge:
Raising my children

Perfect Day:
When I'm with the people I love.

Current Occupation:
Computer Programmer

If money were no object, what occupation would you choose:
Teaching special needs children.

Fondest running memory:

Running the Springtime Tallahassee 10K in 2006. The weather was glorious, and I savored every minute of that run!

Indulgence:

Peanut Butter on buttered toast.

Favorite Non-running Hobby:

Playing the piano

Wildest Dream: To complete a marathon during my lifetime.

Favorite Book: *Timeline* by Michael Crichton

Proudest running moment:

Crossing the finish line at the Disney 1/2 Marathon

Running

Inspiration: Judy Alexander

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**Featured Feet –
Bob Asztalos**

Childhood ambition:
Wanted to be an astronaut and find a bottle like Major Nelson did in *Dream of Jeanie*.

Fondest running memory:
Running along the Iraq/Syrian border and looking out for 200 miles only seeing sand dunes and the most desolate land on the planet.

Wildest Dream:
Buying an island and moving there.

Proudest running moment:
Running up the Iwo Jima Memorial in Arlington Virginia with my thighs chapped, toes hurting, legs cramping from cold rain but finishing my first marathon.

Biggest Challenge:
Raising a 17 year old daughter.

Perfect Day: Running the Miccosukee Greenway on a Spring day with a blue sky and a nice cool



breeze.

Current Occupation:
Health Care Government Relations (Lobbyist).

If money were no object, what occupation would you choose:
Fishing boat Captain.

Indulgence:

Dark Chocolate.

Favorite Non-running Hobby:
Collection of political buttons going back to the campaign of 1898.

Favorite Book:
Victor Frankl's *Man's Search for Meaning*.

Running Inspiration: Before a marathon, I was talking to a gentleman who was in his 80s and he told me that the week before he was in Austria for a marathon through the Alps. I never got his name but I know when I am 80, I want to be just like him.

(Continued from page 7)

back to Australia in December. Their young son, Luca, was born here in Tallahassee. They were introduced to Tallahassee by running with GWTC. They take a part of us with them when they leave and we will always be in their hearts. Borders and distance can not destroy or diminish the bonds and friendships that we as runners have

forged. This bond is what transcends us from being just another running club to a community of runners.

Thank you for letting me serve you in my capacity as president for the past three years. And to those who served with me, you have my most sincere gratitude for a job well done. See you on the trails!



**10 Mile Challenge & 5 Mile Race
& Tiny's Bar-B-Q Extravaganza**

Both races Grand Prix this year!

NOTE: COURSE CHANGE

Proceeds benefit Tallahassee Area Crew - Raffle - Door Prizes - Quick Results

Date/Time: Saturday, December 2, 2006, 8:00 AM
(10:00 cutoff-contact race director below for early start)
Place: Park on Jackson Bluff Road behind Tiny's Bar-B-Q (1/2 mile off Capital Circle)
Awards: Top Overall Male/Female/Masters, 3-Deep in 5/10-Year Age Groups
Post-Race Party: INSIDE Tiny's! Delicious Bar BQ Available (see below) BYOB in a cup
Course: Challenging out-and-back on asphalt & clay roads
More Info: Judy Alexander, jalexander98@comcast.net 850-383-1361

Name: _____ Age on 12/2/06: _____ DOB: _____

M / F (Circle one) Phone: (____) _____ Email: _____@_____

Address: _____ City _____ State _____ ZIP _____

Shirt: None Small Med Large XL

	<u>Before 11/27</u>	<u>After 11/27</u>	<u>Race Day</u>
Registration Fee:	_____ \$16	_____ \$18	_____ \$20
No T-Shirt	_____ \$11	_____ \$13	_____ \$15

No. of Tiny's BBQ Plates (Sandwich/Side/Drink): _____ + _____ plates @ \$3 each

Total Amount Enclosed: \$ _____

Sign waiver below & mail with check payable to GWTC to: Judy Alexander
REGISTRATION also AVAILABLE AT www.active.com 3432 Robinhood Road
Tallahassee, FL 32312

WAIVER: In consideration of your acceptance of my entry as a participant in the GWTC 10-Mile Challenge & 5-Mile Race, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against Gulf Winds Track Club, its officers and directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of The GWTC 10-Mile Challenge & 5-Mile Race, which may arise from my participation in the these races on December 2, 2006, or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

SIGNATURE _____ Date _____
Signature of parent or legal guardian if under 18 years.



GULF WINDS TRACK CLUB

30K / 15K

Saturday, January 13, 2007

DATE & TIME: Saturday, January 13, 2007
Race starts at 8:00 am, EST.
(An early start of 7:15 am will be provided for runners who expect finish times of 3 ½ hours or greater.)
Pre-race registration starts at 6:45 am

COURSE: Predominantly run on hard-packed red clay road (Old Centerville and Sunny Hill Farm) through plantation lands (first and last 2.25 miles paved).

EARLY ENTRY FEE: 30K – \$18 includes t-shirt (\$10 no t-shirt)
15K – \$16 includes t-shirt (\$10 no t-shirt)

RACE DAY REGISTRATION: 30K and 15K – \$20 includes t-shirt
30K and 15K – \$12 no t-shirt

AWARDS: Top 3 male/female finishers in each race.
All finishers receive a commemorative glass mug.

DIRECTIONS: The race starts near The Retreat at Bradley’s Pond which is across the road from Bradley’s Country Store on Centerville Road, approximately 12 miles north of Capital Circle NE.

ADDITIONAL INFORMATION: Jerry/Jackie McDaniel: mdanieljackie@hotmail.com or call 850/297-0009, or visit the Gulf Winds website at <http://www.gulfwinds.org>. Electronic registration at Active.com.



Old Centerville Road

**MAIL ENTRY FORM WITH
PAYMENT TO:
GWTC 30K/15K
c/o Jerry/Jackie McDaniel,
1013 Lothian Drive,
Tallahassee, FL 32312**

NAME:	GWTC ENTRY FORM 30K <input type="checkbox"/> 15K <input type="checkbox"/>	
AGE ON 1/13/07:	DATE OF BIRTH:	MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>
PHONE #:	EMAIL:	SHIRTS
ADDRESS:	CITY/STATE:	Size: S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>
ZIP CODE:		No Shirt: <input type="checkbox"/>

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, and traffic and the conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete the run. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all Gulf Winds Track Club race officials, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. The Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to Gulf Winds Track Club and/or agents authorized by them to use any photograph, videotapes, motion picture or any other record of this event for any legitimate purpose.

Signature (parent if under 18): _____ **Date:** _____

Thomasville Road Baptist



Community 5K & 10K

March 3, 2007

benefiting

The Florida Baptist Children's Home
and
The Debbie O'Brien Scholarship Fund

Time: 5K & 10K races start at 8:10 am
1 mile fun run/walk starts at 8:00 am

Location: Thomasville Road Baptist Church
3131 Thomasville Road

Cost: Early Registration-- \$12 w/ t-shirt, \$7 no t-shirt
\$5 age 12 and under
Race day-- \$15 w/ t-shirt, \$10 no t-shirt
\$5 age 12 and under

Contact: Grea Bevis 508-0874
greabevis@yahoo.com
Or log on to www.thomasvilleroad.org/10K
for more information and registration.

Florida Baptist
Children's Homes

Debbie O'Brien
SCHOLARSHIP FUND

Annual Awards
Runner of the Year (Female and Male)

In naming its Runners of the Year, Gulf Winds Track Club seeks to honor those who, besides achieving outstanding times in the past year at various distances in local, regional, and national events, have served as models for all of us in their competitive spirit, their continuing devotion to the sport, and their support and encouragement of their fellow runners, both individually and as members of Gulf Winds.

Recipients

(1978) - Janice Gage & Tim Simpkins, (1979) - Betty Ely & John de Grummond, (1980) - Mae Cleveland & Larry Abele, Jr., (1981 - not awarded), (1982) - Donna Miller & George West, (1983) - Laura Caldwell & Dave Sheffield, (1984) - Barbara Balzer & Rick Miller, (1985) - Patti Sudduth & Felton Wright, (1986) - Janice Hochstein & Jim Joanos, (1987) - Michelle Jernigan & Fleetwood Fesmire, (1988) - Carla Borovicka & Herb Wills, (1989) - Karen MacHarg & Jessie Close, (1990) - Margarete Deckert & Bill Crooks, (1991) - Paula Johnson & David Keen, (1992) - Kathi Ward & Gary Droze, (1993) - Carrie Weyant & Paul Hoover, (1994) - Peggy Simpson & Bill McGuire, (1995) - Jane Johnson & David Yon, (1996) - Nancy Widener & Joyce Lowery (co-winners) & Gary Kenney, (1997) - Julie Clark & Howard Andrews, (1998) - Mae Cleveland & Bill McGuire, (1999) - Sarah Docter-Williams & Tim Unger, (2000) - Fran McLean & Greg Waddell, (2001) - Mary Jean Yon & Clint Watkins, (2002) - Judy Alexander & Bill Hillison, (2003) - Jane Johnson & Jack McDermott, (2004) Seeley Lovett & Hobson Fulmer Kirsten Baggett and Reid Vannoy (2005)

Community Award

The Community Award is given to an organization or individual who, over a period of years, through financial or other contributions, has supported running in the community at large.

Recipients

Lewis State Bank, Chenoweth Distributing Company, Killlearn United Methodist Church, International Paper Company Southlands Experimental Forest, Sunshine Advertising, Joe Beckham, Leon County Sheriff's Posse, The Audio Video Store, The Mill, Sports Beat, Hooters Restaurant, Dunn Chiropractic, Tallahassee Orthopedic Clinic; International Paper Company Southland Experimental Forest, The Trust for Public Land, Shannon Sullivan (1998); Susie Busch-Transou, (Tri-Eagle Distributorship)(1999); Manny Joanos (2000); Mary Register (2001); Maclay School (2002); Premier Fitness/Len Harvey (2003), Capital Health Plan (2004) U-Haul University Center (Malysa Baucum) (2005)

Bill Lott Volunteer Award

The Bill Lott Volunteer Award is given to a person deemed representative of those club members who contribute hours of time assisting in club activities and who often go unrecognized by the club at large.

Recipients

Beth Wright, Charles Harshbarger, Betty Winkler, Richard Husband, Robert and Jan Boyd, Joyce Stuart, Melvina MacDonald, Dick Dowdy, Bonnie Bengel, Ray Hanlon, Bill Lott/Darren Grant, Bill Lott, Buddy Provost, Ann Kass, Craig Hasty, Jeanne O'Kon, Martha Haynes (1998), Kendria Ellis (1999), Gary & Peg Griffin(2000), Dawn Brown (2001), Toma Wilkerson (2002); JoLena Pace (2003), Stacia Keller (2004) Beth Alexander (2005)

Race Director

The Race Director Award is given in recognition of a GWTC member who has taken a major responsibility in production of quality events, especially those favored by GWTC runners, whether by initiation or direction of the event or by coordination of a major aspect of such event.

Recipients

Mike Hochstein, Dave Rogers, Jim and Carolyn Story, Mike Eakin, Lamons and J.D. Warren, David Yon, Daryl Ellison, Joe Dexter, Chris Teaf, Ervin Holiday, Barbara Yonclas, Tony Kronenburg, Pat Bruner, Jeff Doherty, David & Judy Waters, Larry Guinipero/Bill Hillison (1998), Will Walker (1999), Paul Hiers (2000), Felton, Bonnie & Jamie Wright (2001), Jeanne O'Kon & Tom Perkins (2002), Mary Jean & David Yon (2003), Peg & Gary Griffin (2004)
Kathy McDaris (2005)

Cleveland-Caldwell Advancement of the Sport

In 1984 GWTC recognized Michael Caldwell's contribution to the sport with this award for his publication of Racing South Magazine and organization of the Racing South Grand Prix (both now owned by Running Journal). The award was known as the Michael Caldwell Advancement of the Sport Award until 2001 when Rex Cleveland, who served as the editor of the Fleet Foot since 1983, retired. To recognize Rex's outstanding contribution to the sport and to GWTC, the award was renamed the Cleveland - Caldwell Award. The award is given in recognition of those who make significant contributions to the advancement of the sport, whether through research, education or some other area of expertise.

Recipients

Michael Caldwell, Rex Cleveland, Bruce Tuckman, John Hesselbart, Charles Yates, Dot Skofronick, Marilyn Wills, Lamons Warren, Gary Droze, Herb Wills, Don Weber, Gretchen Everhart School, Fred Deckert, Gary Droze, Tim Simpkins, Perry Shaw (1998), Alice and Ernie Sims (1999), David Yon (2000), John Kalin (2001), Julie Clark (2002), Martha Haynes (2003), Nadine Dexter (2004)
Perry Shaw (2005)

Triathlete of the Year

This award will be given to a GWTC triathlete, active in the club, whose love of triathlon is demonstrated not only in competition, but also in commitment, service & inspiration. This award was first given in 1999.

Recipients

Kathy McDaris (1999), Malissa Auker (2000), Bob Keller (2001), Lynn Powell (2002), Jeff Bowman (2003), George Palmer (2004)
Barbara McNeal (2005)

GWTC Hall of Fame

Individuals who have brought respect to the Gulf Winds Track Club through their contributions, activities, and running accomplishments, and who have played a major role in shaping the ideals of the club are recognized when inducted into our Hall of Fame.

The GWTC Hall of Fame roster

Andy Burns, Jim Stephens, Janice Gage, Tim Simpkins, Jeff Galloway, Bill McGuire, Richard Henry, Leitch Wright, Mae Cleveland, Bill de Grummond, Mike Eakin, Rex Cleveland, Dot Skofronick, Dave Rogers, Gary Droze, Herb Wills, Gene Opheim, Tim Kelly, Joe Dexter, Charlie Yates (1998), Bill Lott (1999), Tom Perkins (2000), David Yon (2001), Ray Hanlon (2002), Fred & Margarete Deckert (2003), Felton Wright (2004)
Jesse Close (2005)

BOWLEGS 5K RUN FOR SCHOLARSHIP

Sponsored by the Faculty & Friends Club of FSU and Gulf Winds Track Club

(And One Mile Fun Walk)

Saturday, January 20th, 2007 at 9:00 a.m.

OUR SPONSORS



Lucy Ho's

Anthony's

- Start/Finish at the FSU/FAMU Engineering Building, Innovation Park
- \$12 by Wednesday, January 17th or \$15 on race day -- \$8 if no shirt
- Visit www.gulfwinds.org ('07 Race Calendar) for registration flyer

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Judy Mott
Senior Associate

Biblical Theme Songs

Noah: "Raindrops keep falling on my head"
Adam and Eve: "Strangers in Paradise"
Jeremiah: "Take this Job and Shove It"
Jezebel: "The Lady is a Tramp"
Salome: "I Could Have Danced All Night"
Jonah: "Got a Whale of a Tale"
Job: "I've Got a Right to Sing the Blues"
Methuselah: "Stayin' Alive"

Organized chaos, the 31st Turkey Trot

By David Yon

"What we have here, is organized chaos," spoke **Ray Hanlon**. And then - there was this year's madness. I don't know if Ray called it "organized" or not. Four different races with runners heading in four different directions would be enough to get some race directors hung from a very tall tree, but this was **Thanksgiving** and the weather was spectacular. And so, mostly what we saw were smiles and what we heard was celebration and "thank you." Another record crowd, 2254, brought the state office complex to life on a holiday and got Thanksgiving off to a great start for a lot of families in Tallahassee. The wave of runners moving through **SouthWood** included 207 finishers in the 15K, 295 in the 10K, 1232 in the 5K and 523 in the Turkey Gobbler, new records in every race except the 15K.

Matthew Dobson weaved his way through the crowds to take the featured 15K, besting crowd favorite **Jessie Close**, 50:24 to 52:58. Dobson's time was the fastest ever run on the SouthWood course. **Sheryl Rosen**, tuning up for a run at the Jacksonville Marathon, won a battle with **Amy Paine** to take the women's title. Sheryl ran 58:24, while Amy ran 59:52. The masters titles went to **Miles Gibson** (55:19) and **Jane Johnson** (1:02:48).

The 10K had good races also. **Alex Brickler** beat his high school coach **Gary Droze** to win the 10K title in 33:52. Alex was fresh off a 17th place finish in Division II South Region Cross Country NCAA Regional on behalf of Morehouse. **Gary Droze** took second with a time of 34:17. Michael Martinez, who has been dominating the GWTC grand prix, ran 34:45 to win the **masters'** award. **Breda Dennehy-Willis** won the women's title in another course record time - 35:20. Second place went to **Stephanie Liles** (the women's grand prix leader) who ran 38:36. **Fran Mclean** was masters champ, despite spending her warm up time running registration forms back and forth between the registration area and the data entry mobile. Fran ran 44:27.

Calvin Vannoy, who just helped Chiles High School to a state cross country championship, won the 5K by running 16:40, just beating teammate **Stan Reecy** who ran 16:59. **Sarah Docter-Williams** dropped down from her usual 10K distance to win the women's title in 18:16. Second place went to **Jana Stolting** who ran 18:57. The winners in the masters divisions were **Tim Unger**, 17:56, and **Krista Killius**, 21:43.

The **WYSIWYG's** (**Bill McGuire, Tim Unger, Justin Dickenson and Steve Barraco**) won the 5K team title. Second place went to the **Hensley Racers** (**Jerry McDaniel, Bill Perry, Cole Hensley and Noah Hensley**). **Tri-Stables** won the 10K (**Kelbe Beck, Gary Lienbert, Kaitlyn Crandall**

and **Nikki Sanguiliano**) and 15K (**George S Palmer, Dana Stetson, Gary Griffin and Julie Clark**) team titles. **Killearn Lakes** Elementary School had the most students show up, while **Roberts** took the runner up position.

Brian Corbin and **Judy Alexander** had a huge haul in the U-Haul (donated by University Center U-haul and **Malysa Bautum**) again making it a good day for the **Shelter** and the **Refuge House**. **Hawks Rise** was the elementary school that donated the most to the cause, while **Gretchen Everhart** took the prize for most donations for any middle school.

So maybe Chaos isn't just a bad thing every now and then...

Schoolishness

1. The law of **gravity** says, no fair jumping up without coming down.
2. A **vibration** is a motion that can't make up its mind which way to go.
3. **Genetic** explains why you look like your father and if you don't, why you should.
4. **Rain** is saved up in cloud banks.
5. **Mushrooms** grow in damp places, which is why they look like umbrellas.
6. Some people can tell **time** by looking at the sun, but I never could make out the numbers.
7. The **spinal** column is a long bunch of bones. The head sits at the top and you sit on the bottom.
8. It's so **hot** in some places that people there have to live in other places. (Tallahassee?)
9. A **monsoon** is a French gentleman.
10. **Vacuums** are nothings. We only mention them to let them know that we know they're there.??
11. **Abstinence** is a good thing if you practice it in moderation.
12. A **fossil** is an extinct animal. The older it is, the more extinct it is.
13. The **Gorgons** had long snakes in their hair. They looked like women, only more horrible.

BURMA SHAVE'S

**IF DAISIES ARE
YOUR FAVORITE FLOWER,
KEEP PUSHING UP
THOSE MILES PER HOUR.**

**SUBSTITUTES
CAN LET YOU DOWN
QUICKER THAN
A STRAPLESS GOWN**

Veterans Day 10K 11-11-06 Bainbridge, GA

1	Michael	Martinez	40-44	M	35:19
2	Vince	Molosky	25-29	M	35:34
3	Chris	Holland	20-24	M	35:48
4	Tim	Unger	45-49	M	37:13
5	Eric	Smith	30-34	M	37:23
6	Tony	Guillen	35-39	M	37:31
7	Bill	McCord	40-44	M	38:02
8	Stephanie	Liles	30-34	F	38:06
9	Jack	McDermott	35-39	M	38:17

10	Hobson	Fulmer	50-54	M	39:36	65	Tom	McHaffie	45-49	M	56:49
11	Al	Goudzwaard	50-54	M	39:56	66	Al	Reithinger	65-69	M	57:01
12	David	Yon	50-54	M	40:20	67	Mary	Stuzman	55-59	F	57:49
13	Tom	Ratliffe	55-59	M	40:24	68	Carlos	Zapata	60-64	M	58:09
14	Jay	Silvanima	45-49	M	40:26	69	John	Falk	25-29	M	58:34
15	Mike	Sims	50-54	M	40:36	70	Michelle	Beitelman	35-39	F	58:57
16	Fritz	Stoppelbein	20-24	M	41:04	71	Bill	Cobb	40-44	M	59:27
17	Jerry	McDaniel	50-54	M	42:56	72	Maria	Vives	30-34	F	59:37
18	Michael	Benton	30-34	M	43:50	73	Lisa	Robinson	25-29	F	59:57
19	Andy	Roberts	35-39	M	44:29	74	Mike	Schneider	65-69	M	60:04
20	Darrell	Carpenter	45-49	M	44:35	75	Kathy	Risk	<14	F	61:13
21	Kyle	Harris	<14	M	45:05	76	David	Ramba	35-39	M	61:22
22	Gary	Cato	50-54	M	45:07	77	Lisa	Unger	35-39	F	61:25
23	Wayne	Whiddon	45-49	M	45:12	78	Amanda	Caudill	15-19	F	62:00
24	Warren	Emo	50-54	M	45:40	79	Shianne	Huffman	15-19	F	62:01
25	Guy	Anglin	60-64	M	45:47	80	NO	SHOW			62:56
26	Angela	Dempsey	35-39	F	45:53	81	Susan	Cornwell	55-59	F	64:46
27	Ron	Christen	60-64	M	46:13	82	David	Smith	60-64	M	66:44
28	Trevor	Widick	25-29	M	46:13	83	Eleeta	Walker	55-59	F	67:15
29	Craig	Willis	55-59	M	46:17	84	Becky	Graddick	<14	F	68:12
30	Rachel	Willis	30-34	F	46:17	85	Gwen	Sprandel	65-69	F	68:38
31	Scott	Heath	35-39	M	46:36	86	Larissa	Carpenter	35-39	F	68:47
32	Fran	McLean	45-49	F	46:50	87	Roy	Zimmerman	55-59	M	68:51
33	Kirsten	Baggett	35-39	F	47:15	88	Diana	Kirbo	45-49	F	69:05
34	Greg	Eluell	35-39	M	47:24	89	Robert	Morris	70+	M	69:39
35	Nick	Nichols	60-64	M	47:49	90	Rex	Cleveland	65-69	M	69:56
36	Haydon	Dempsey	35-39	M	48:24	91	Arthur	Ward	70+	M	71:27
37	Trung	Nguyen	15-19	M	48:46	92	Heidi	Wells	40-44	F	72:30
38	Connie	Clarke	45-49	F	50:07	93	Cynthia	Christen	50-54	F	73:28
39	Laura	Reardon	25-29	F	50:21	94	Amy	Summerlin	25-29	F	73:54
40	Mark	Dietrich	50-54	M	50:43	95	Bill	deGrummond	70+	M	74:04
41	Andrew	Colee	60-64	M	51:16	96	David	Farnsworth	55-59	M	74:06
42	Jared	Vernon	15-19	M	51:18	97	Dawn	Brown	55-59	F	74:19
43	Tommy	Risk	15-19	M	51:23	98	Terry	Massa	45-49	F	79:17
44	Carole	Thompson	55-59	F	51:34	99	Jeanne	O'Kon	50-54	F	86:06
45	Clint	Watkins	60-64	M	52:14	100	Kieran	Welton	50-54	F	86:07
46	Beth	Alexander	40-44	F	52:17	101	Radiance	Hayes	<14	F	86:52
47	Robert	McNeal	45-49	M	52:51	102	Rosalie	Myers	70+	F	104:45
48	Bonnie	Wright	50-54	F	53:02						
49	Roger	Sprandel	60-64	M	53:14						
50	Ronald	Thomas	35-39	M	53:21						
51	Tom	Perkins	55-59	M	53:50						
52	Randy	Hanna	45-49	M	53:50						
53	John	Rakestraw	70+	M	54:22						
54	Mary	Ramba	60-64	F	54:43						
55	Buddy	Thompson	50-54	M	55:08						
56	George	Koys	60-64	M	55:22						
57	Melissa	Zapata	25-29	F	55:29						
58	Jim	Huffman	40-44	M	55:29						
59	Beth	House	35-39	F	55:33						
60	Julie	Harris	40-44	F	55:41						
61	Gordon	Morgan	60-64	M	55:58						
62	Jackie	McDaniel	50-54	F	56:11						
63	Jacque	Myers	50-54	F	56:31						
64	Cody	Rowan	<14	M	56:43						

**Albertsons Christmas
Connection 5K
11/4/2006**

1	Alex Miletich	20	M	16:26
2	Tripp Southerland	21	M	16:55
3	Gary Droze	45	M	17:10
4	Jay Wallace	42	M	17:23
5	Chris Gregory	20	M	18:12
6	Greg Waddell	40	M	18:38
7	Fritz Stoppelbein	20	M	18:43
8	Jim Phillips	41	M	18:51
9	Jana Stolting	14	F	18:56

10	Don Antore	31	M	19:02	66	Jim Lane	49	M	26:29
11	Doug Covert	42	M	19:08	67	George Kolp	61	M	26:30
12	John Matthews	36	M	19:10	68	Ronald Thomas	35	M	26:31
13	Julia Vola	20	F	19:11	69	Sonia Peusaitis	24	F	26:50
14	Jim Carson	43	M	19:19	70	Amanda Ghaffari	22	F	26:52
15	Mike LaBossiere	40	M	20:34	71	Bob Montpelier	49	M	27:00
16	Chuck Davis	45	M	20:49	72	Sean Selvig	22	M	27:17
17	John Mirrdom	39	M	20:58	73	Robin Gibson	45	F	27:48
18	Chad Henry	36	M	21:04	74	Kimberly Lake	23	F	27:49
19	Don Dietrich	49	M	21:23	75	Bob F....	50	M	27:59
20	James Doran	31	M	21:31	76	Bonnie Raitt	51	F	28:09
21	Allison Eagan	27	F	21:54	77	Wes Tuck	41	M	28:11
22	Christy Pardieck	27	F	21:54	78	Jennifer Ryan	28	F	28:16
23	John Wallace	27	M	22:02	79	Barbara Boutin	36	F	28:20
24	Julie Clark	45	F	22:10	80	Amy O'Kelley	31	F	28:22
25	Zachary Whitson	20	M	22:11	81	Anabelle Reta	22	F	28:29
26	John Fair	16	M	22:18	82	Steve Audon	24	M	28:41
27	Gary Kenney	56	M	22:26	83	Mellissa Alford	25	F	28:44
28	Terry Ryan	57	M	22:34	84	Nigel Blackburn	12	M	29:00
29	Kirsten Baggett	39	F	22:38	85	Raulee	41	M	29:13
30	Larry Stevenson	49	M	22:42	86	Justin Fincher	26	M	29:15
31	Joe Porter	36	M	22:45	87	Amy Starkey	31	F	29:19
32	Steve Stolting	47	M	22:57	88	Margaruerite McCauley	36	F	29:19
33	John Showalter	47	M	23:05	89	Sondra Lee	38	F	29:27
34	Keri White	21	F	23:07	90	Shannon Guse	31	F	29:27
35	Jason Bascom	23	M	23:16	91	Kendra Hill	26	F	29:28
36	Braulio Sosa	21	M	23:21	92	Lenore McWey	35	F	29:43
37	Mike Boll	42	M	23:26	93	Chris Skinner	33	M	29:44
38	Thomas Williams	42	M	23:30	94	Barb McKibben	44	F	29:53
39	Mickey Messina	25	F	23:45	95	Kevin O'Donnell	47	M	29:54
40	Richard Parsons	42	M	23:48	96	Shelley Paasonen	21	F	30:01
41	Lawton Graves	21	M	23:52	97	Kay Posey	53	F	30:07
42	Fran McLean	49	F	23:57	98	Jeremy Lespi	27	M	30:14
43	Toma Wilkerson	37	F	23:58	99	Primus Mtenga	53	M	30:22
44	Matt McCaskill	29	M	24:03	100	Laura Matthews	20	F	30:22
45	Shannon Jacobs	31	M	24:07	101	Carlos Veigas	28	M	30:23
46	Jacob Kemp	9	M	24:15	102	Brandon Clark	16	M	30:30
47	Daniel Wichus	12	M	24:29	103	Victoria O'Sullivan	33	F	30:36
48	Janna Larson	27	F	24:34	104	Dan Simone	34	M	30:44
49	Teale Richards	18	F	24:44	105	Amanda Reynolds	26	F	30:44
50	David Darst	63	M	25:01	106	Tim Lynch	60	M	30:54
51	Lisa Echeverri	41	F	25:20	107	Biran	45	M	30:54
52	Scott Lindeman	31	M	25:23	108	Bev DeMello	48	F	30:59
53	Keith Gates	25	M	25:37	109	Greg Skinner	26	M	31:00
54	Ira Thompson	53	M	25:37	110	Mellissa Recio	39	F	32:03
55	Scott Smith	44	M	25:45	111	Frank Rudd	43	M	31:04
56	Jacque Myers	50	F	25:51	112	Kimberly Hulse	26	F	31:12
57	Canada Sandra	43	F	25:52	113	John Mark Bryant	27	M	31:15
58	Carla Dunn	27	F	25:53	114	Derek Pettus	16	M	31:18
59	Chad Chandler	18	M	25:56	115	Bill deGrummond	72	M	31:19
60	Summer Lillie	29	F	25:56	116	Kerri Murray	45	F	31:26
61	Jimmy Lee	37	M	25:58	117	Joyce Roop	20	F	31:29
62	Randy Hanna	48	M	26:03	118	Ilyssa Trussel	25	F	31:37
63	Victor Carranquilla	39	M	26:10	119	Bo Houck	55	M	31:38
64	Jimmy Sauls	27	M	26:21					
65	Perha Varley	62	F	26:28					

20	CHUCK DAVIS	M 45	1:35:48	76	JOHN MILKO	M 46	1:51:47
21	KEITH ROWE	M 45	1:36:47	77	BRYAN McKENZIE	M 35	1:51:49
22	JERRY ONGLEY	M 59	1:36:47	78	BEN McQUAIG	M 36	1:51:55
23	DAVE BORSCHEL	M 42	1:37:52	79	PATRICIA ROBERSON	F 34	1:52:19
24	CRAIG WILLIS	M 55	1:37:55	80	J.D. WALKER	M 54	1:52:24
25	DORIAN OSBORNE	M 66	1:38:21	81	CLINT WALKER	M 64	1:52:29
26	TIM JONES	M 41	1:38:39	82	JILL CALHOUN	F 43	1:52:37
27	NAT HIGDON	M 32	1:38:51	83	BILL DAVIS	M 55	1:52:51
28	BILL HILLISON	M 62	1:39:00	84	LISA ECHEVERARI	F 41	1:52:53
29	GARY CATO	M 50	1:39:12	85	LAURA REARDON	F 27	1:52:54
30	JIM HEBERLE	M 48	1:39:19	86	BOBBY DICK	M 44	1:52:55
31	BILL BOUDSTON	M 52	1:39:32	87	TIM BRANCH	M 56	1:52:57
32	MATT LITTLETON	M 36	1:39:44	88	T. J. CUTCHINS	M 47	1:53:03
33	GARY GRIFFIN	M 57	1:39:58	89	DARYL BOWLING	M 37	1:53:13
34	DAN LEUNG	M 30	1:40:34	90	LISETTE MONTOTO	F 25	1:53:49
35	WAYNE WHIDDON	M 48	1:40:38	91	ANGELA SNYDER	F 38	1:53:56
36	JAKE HAMMONS	M 28	1:40:43	92	TERRY DURHAM	M 42	1:53:56
37	JERRY McDANIEL	M 52	1:40:58	93	ALFRED BEE	M 50	1:53:58
38	FRAN McLEAN	F 49	1:41:14	94	TERRY RYAN	M 57	1:54:07
39	MICHELLE ZEISSET	F 38	1:41:35	95	MARK BENTON	M 43	1:54:08
40	WARREN EMO	M 53	1:41:36	96	KRISTINA PEEPLES	F 36	1:54:10
41	SHELTON ANSLEY	M 54	1:41:47	97	MARK DIETRICK	M 51	1:54:11
42	KIRSTEN BAGGETT	F 39	1:42:15	98	ANGIE DURHAM	F 38	1:54:36
43	DALE SMITH	M 53	1:42:16	99	JIMMY LEDFORD	M 50	1:54:44
44	CHAD JOHNSON	M 35	1:42:59	100	SONIA VICK	F 38	1:54:49
45	CHRISTY PARDIECK	F 27	1:43:09	101	DAVID THOMPSON	M 50	1:55:28
46	LUIS BEJARUNU	M 41	1:43:24	102	MARK STEELE	M 47	1:55:30
47	GUY ANGLIN	M 63	1:43:37	103	BRYAN ECKART	M 37	1:56:02
48	CHAD HENRY	M 36	1:43:42	104	JOE VILLA	M 45	1:56:07
49	BO RYLES	M 50	1:44:07	105	KENNY HILL	M 40	1:56:17
50	LARRY MILLER	M 61	1:44:26	106	DEBBIE RESCOTT	F 48	1:56:29
51	GRETA BEVIS	M 44	1:44:40	107	BRIAN RESCOTT	M 49	1:56:29
52	VAN PARROTT	M 34	1:45:32	108	SEAN BOWER	M 42	1:57:03
53	TOM MAYOCK	M 24	1:45:38	109	LISA TRUCKENBROD	F 42	1:57:24
54	PAUL PHILLIPS	M 16	1:45:42	110	RUSSELL McBRIDE	M 41	1:57:27
55	MIKE BOLL	M 42	1:45:45	111	DAN SOLOMON	M 44	1:57:46
56	WILLIAM DAVIS	M 57	1:45:51	112	STEVE GOULD	M 42	1:58:14
57	RON CHRISTEN	M 60	1:46:15	113	JANINE THOMAS	F 40	1:58:15
58	STEPHANIE CROOK	F 27	1:47:05	114	SANDRA CANADA	F 43	1:58:29
59	STAN LANE	M 50	1:47:11	115	JACKIE ADAMS	F 39	1:58:33
60	TRACY McCLURE	F 30	1:47:23	116	MELANIE HALL	F 33	1:59:14
61	FERRELL McDUGALD	M 73	1:47:44	117	CYNARA MILLER	F 45	1:59:14
62	DIANE JOHNSON	F 52	1:47:50	118	LYNN POWELL	F 42	1:59:38
63	JIM ERVIN	M 49	1:47:53	119	RUTH ELLEN McCOOK	F 47	1:59:43
64	KARA RICCARDI	F 33	1:47:54	120	DEBBIE McDONALD	F 47	1:59:47
65	KIRSTEN KINSLEY	F 35	1:47:56	121	JEFFREY PIXLEY	M 34	1:59:57
66	APRIL SCRUGGS	F 37	1:48:10	122	SARAH DUGAS	F 27	2:00:01
67	STEVE DURDAN	M 47	1:48:28	123	BETH ALEXANDER	F 42	2:00:06
68	BURT SPECE	M 26	1:48:31	124	JOHN CALHOUN	M 59	2:00:22
69	JEFF BEASLEY	M 47	1:48:39	125	LYNN MARKELL	F 52	2:00:28
70	SARAH SCHEIBE	F 24	1:49:24	126	ROBERT ODOM	M 41	2:01:00
71	LAURA HOWARD	F 36	1:49:58	127	JENNIFER BRITT	F 40	2:01:10
72	JOHN WOODAM	M 36	1:50:23	128	DICK ROGER	M 59	2:01:20
73	FRANKLIN BURKETT	M 50	1:50:33	129	NANCY WIDENER	F 57	2:01:32
74	NANCY LAUX	F 44	1:50:53	130	CATHY CUSHING	F 37	2:01:32
75	MURPHY McCUE	M 53	1:50:56	131	CRAIG BURNSIDE	M 46	2:01:54

132	CLARK EVANS	M 23	2:02:05	188	LLOYD THURBER	M 38	2:18:19
133	TERRY HURST	M 39	2:02:37	189	WENDY SMITH	F 50	2:18:29
134	DEBORAH ANSLEY	F 50	2:03:54	190	KAY POSEY	F 53	2:18:41
135	BONNIE WRIGHT	F 51	2:04:17	191	THOMAS PATE	M 53	2:18:44
136	RICHARD BERGSTROM	M 32	2:04:19	192	JOHN MORRILL	M 54	2:18:59
137	JOE LAWLER	M 68	2:04:20	193	CHRISTINE STABLEY	F 31	2:19:18
138	KIRK LAWLER	M 42	2:04:36	194	DEWITT OSBORNE	M 69	2:19:22
139	JOHN FALK, II	M 28	2:04:38	195	BRIANNA WAITE	F 25	2:21:10
140	ERICA McCAUL	F 40	2:04:57	196	ANDY CORBIN	M 39	2:23:26
141	MATT FITZPATRICK	M 27	2:05:05	197	AYERS ANDERSON	M 45	2:25:11
142	JACKIE McDANIEL	F 51	2:05:14	198	JAIME GONZALEZ	M 40	2:25:31
143	BECKY LECKINGER	F 43	2:05:19	199	RICHARD ZIEGLER	M 47	2:26:16
144	R. VANN	M 56	2:05:24	200	SUSAN CORNWELL	F 57	2:26:17
145	STEVE PERDUE	M 48	2:05:55	201	MIKE SCHNEIDER	M 69	2:28:00
146	BRETT O'BRIEN	M 50	2:06:01	202	KELLY SKELTON	F 30	2:28:20
147	VIVIAN JOHNSON	F 65	2:06:03	203	DAVID PERRY	M 59	2:28:23
148	GORDON MORGAN	M 59	2:06:07	204	DEBORAH O'NEAL	F 48	2:31:09
149	BECKY SCARINGE	F 36	2:06:41	205	DEBBY ALEXANDER	F 46	2:31:33
150	AMANDA BUSH	F 21	2:06:48	206	DAVID SMITH	M 62	2:31:33
151	CHRISTI TINSLEY	F 28	2:07:12	207	DIANA HUNTER	F 30	2:32:00
152	BOB KELLER	M 72	2:07:14	208	JILL ASHON	F 30	2:32:09
153	U1		2:07:35	209	ILLEGIBLE #1288	F 35	2:34:55
154	U2		2:07:47	210	SHERRY CAMPTON	F 46	2:36:18
155	DORCA LEE	F 24	2:07:52	211	KATHY BELL	F 55	2:37:15
156	LAUREN CAPIE	F 29	2:08:06	212	MICHAEL BROWN	M 54	2:38:53
157	HOLLY HURST	F 35	2:08:24	213	ROBIN ADAMS	F 38	2:39:04
158	FRANK BARNAS	M 41	2:08:33	214	CHRIS ANDERSON	M 50	2:39:04
159	BETH WHEELER	F 28	2:08:34	215	AARON PERRY	M 30	2:40:21
160	BRENT RUNYON	M 32	2:08:54	216	SHARON HART BUSKO	F 36	2:40:26
161	MELISSA ZAPARTA	F 27	2:08:56	217	HOWARD TESSIN	M 59	2:46:04
162	JOE BRUER	M 49	2:09:01	218	J. LUDWIG	F 24	2:46:29
163	SARAH BERGER	F 23	2:09:02	219	ROBERT MORRIS	M 74	2:49:33
164	MICHAEL PACE	M 57	2:09:07	220	BERNICE LEWIS	F 46	2:50:16
165	JOHN DANIEL	M 36	2:09:43	221	RICHARD HARVEY	M 27	2:50:27
166	PAM BREZA	F 46	2:10:05	222	ELIZABETH McGINNISS	F 53	2:54:15
167	CARLOS ZAPATA	M 60	2:10:14	223	ANN HENDON	F 54	2:54:24
168	RELAY TEAM		2:10:37	224	ARTHUR WARD	M 73	2:57:26
169	SARAH VAN WART	F 29	2:10:38	225	DAWN BROWN	F 57	2:57:27
170	MARTHA KUTTER	F 28	2:10:39	226	MELVINA MACDONALD	F 56	2:57:45
171	REUBEN POTTER	M 33	2:10:52	227	FRANCES GILBERT	F 38	2:59:41
172	RELAY TEAM		2:11:24	228	GLEN ALEXANDER	M 50	3:03:27
173	SARAH LEDFORD	F 43	2:11:26	229	SHARON CARROUDON	F 52	3:06:44
174	SEAN SELVIG	M 22	2:11:31	230	BOB SCHILLING	M 57	3:07:01
175	T.R. PERKINS	M 55	2:11:53	231	FRAN KANTZ	F 48	3:14:23
176	SOPHIA SMITH	F 47	2:13:05	232	TAMIKA BROWN	F 26	3:16:34
177	AUTUMN PERRY	F 59	2:13:22	233	ELISA VILLA	F 45	3:32:42
178	CHRISTOPHER RUSSELL	M 11	2:13:43	234	SUSAN BURROUGHS	F 44	3:37:04
179	HEATHER HIGDON	F 31	2:14:18	235	SANENYAH TIMMONS	F 24	3:37:04
180	CLAYTON THOMPSON	M 23	2:14:26	236	TARA HYLTON	F 28	
181	FRANK BECK	M 64	2:15:17				
182	KATY ZIEGLER	F 21	2:15:50		RELAY TEAMS:		
183	RELAY TEAM		2:16:35	168	DR. JIM STORY & JAMIE STORY	2:10:37	
184	HOLLIS ASKEW	M 48	2:16:50	172	NANCY & JEFF	2:11:24	
185	MARK STUTZMAN	F 58	2:16:52	183	ELBERT HURST & ROBIN BULLARD	2:16:35	
186	REBECCA TESSIN	F 21	2:17:37				
187	BRIAN WALSH	M 30	2:18:18				

**Boston Mini 5K,
Boston GA 10/28/2006**

1	JACQUE MYER	F	50	30:19
2	NANCY HERRING	F	51	30:33
3	RACHEL COOPER	F	41	31:22
4	ELBERT HURST	M	52	33:46
5	KAY DAVID	F	51	34:38
6	KAREN ROWLAND	F	47	34:56
7	KEVIN KOZLUWSKI	M	52	35:09
8	BRITTANY MAYOCK	F	25	35:16
9	RANDY THORNTON	M	39	38:04
10	JOY HURST	F	46	38:56
11	EILEEN MILLS	F	52	38:56
12	W.C. SMITH	M	40	40:05
13	VANCE HURST	M	47	40:34
14	DOUG MILLS	M	53	40:35
15	CAROL D'ISEPO	F	64	40:52
16	TOM D'ISEPO	M	58	40:52
17	BARBARA BRINSON	F	65	42:08
18	KATHY KELLEY	F	51	43:32
19	FRANK BRUCE	M	74	43:41
20	JUDY CATRETT	F	54	44:43
21	DEBORAH SANDERS	F	46	44:52
22	ROBERT CRAWFORD	M	59	44:53
23	BETH CRAWFORD	F	57	44:54
24	KAREN SMITH	F	58	45:04
25	CONNIE O'BRIEN	F	43	45:04
26	ANGIE KIKER	F	21	46:24
27	TYLER HART	M	21	46:25
28	CAROL SMITH	F	45	46:25
29	BARB DOOLEY	F	67	47:11
30	LORETTA DOOLEY	F	21	47:12
31	U1	F	19	47:47
32	U2	F	52	47:48
33	TRICIA LAZARUS	F	50	48:07
34	TARA SHELLEY	F	24	50:04
35	HEATHER HOFFMAN	F	28	50:09
36	NANCY HOFFMAN	F	60	50:13
37	RHONNA McBRIDE	F	33	50:17
38	BETH MARSHALL	F	22	50:18
39	HOLLY CAMP	F	19	50:53
40	LAUREN ROBERTS	F	20	51:47
41	SANTANA PAIGE	F	14	52:00
42	PHIL WORKMAN	M	62	52:25
43	TAYLOR HOSKINS	F	15	52:36
44	HANNAH FLETCHER	F	15	52:38
45	JERILYN COLLINS	F	63	54:36
46	HOWARD HARDEN	M	84	55:27
47	JENNA REEVES	F	11	55:44
48	MANDY WEST	F	26	56:00
49	BECKY WEST	F	14	56:00

50	CHARLES POWELL	M	55	56:25
51	ALISON POWELL	F	18	56:28
52	DREW EVERETT	M	12	56:37
53	JULIE ANDERSON	F	26	56:52
54	CHAD ANDERSON	M	28	56:53
55	BILLY ANDERSON	M	58	56:54
56	BETTY HOSKINS	F	48	58:21
57	LISA FLETCHER	F	50	58:22
58	KELSEY REEVES	F	13	59:03
59	GLENNIE ANDERSON	F	50	59:04
60	RENEE REEVES	F	42	59:05
61	KATHIE LAMPKIN	F	48	59:06
62	JANET HILL	F	55	60:17
63	KEITH HILL	M	79	60:17

**Alan C. Sundberg Jr.
Memorial 5K Run/Walk
10/28/06**

1	Gary	Droze	M	45	17:11
2	Eric	Smith	M	34	18:06
3	Christina	Waytalewicz	F	19	18:38
4	Matt	Ertl	M	29	19:01
5	Lisa	Johnson	F	24	19:10
6	Doug	Covert	M	42	19:15
7	Chad	Chandler	M	18	19:20
8	Bill	McGuire	M	59	19:21
9	Todd	Resavoclz	M	36	20:57
10	Mike	LaBossiere	M	40	21:24
11	Kevin	Brumfeld	M	34	21:33
12	Jared	Vernon	M	15	21:58
13	Tommy	Risk	M	15	22:04
14	John	Showalter	M	47	23:27
15	Larry	Stevenson	M	49	23:31
16	Jim	Taylor	M	49	23:44
17	Frank	Rudd	M	43	23:46
18	Jeffrey	Clark	M	11	24:09
19	Jake	Kemp	M	9	24:24
20	Mike	Jaynes	M	39	24:29
21	Zack	Ernst	M	15	24:38
22	Rob	Dearduff	M	40	24:39
23	Jim	Huffman	M	41	24:46
24	Toma	Wilkerson	F	37	25:00
25	Kyle	Sharpton	M	17	25:07
26	Cody	Rowan	M	13	25:25
27	U1				25:27
28	Frank	Betzner	M	28	25:30
29	Kathy	Risk	F	13	25:32
30	Becky	Graddick	F	14	25:33
31	Amanda	Caudill	F	17	25:36
32	Al	Reithinger	M	66	25:38

33	U2		25:44	89	U5		31:27
34	Thomas	Krick	M 43 25:48	90	Vihreht	Dewar	M 11 31:48
35	Mark	Kearley	M 44 26:09	91	Harry L.	Anstead	M 68 32:01
36	Sue	Kelly	F 53 26:14	92	Nada	Scott	F 53 32:05
37	Perha	Varley	F 62 26:27	93	Bob	Montpellier	M 48 32:12
38	George	Kolp	M 61 26:47	94	Bob	Houck	M 55 32:12
39	Penny	Isom	F 43 26:58	95	Jeri	Nolan	F 30 32:13
40	Rodney	Reams	M 37 27:03	96	Diana	Dearduff	F 47 32:16
41	Bill	Cobb	M 42 27:05	97	Mandy	O'Callaghan	F 29 32:46
42	Marilynne	Deniso	F 57 27:20	98	Huw	O'Callaghan	M 29 32:46
43	Scott	Savery	M 49 27:32	99	Wayne	Spinks	M 51 32:55
44	Melissa	Murray	F 27 27:38	100	Cassia	Reimer	F 25 32:56
45	John	Farris	M 13 27:48	101	U6		33:24
46	Kelton	Farris	M 54 27:49	102	Aidy	Torres	F 44 33:37
47	Christy	Carson	F 37 27:56	103	Greg	Skinner	M 26 33:39
48	Lynda	Pfundstein	F 41 27:59	104	Kate	Ray	F 29 33:46
49	Greg	Jones	M 49 28:04	105	Jim	Neill	M 57 33:49
50	Justin	Lamb	M 26 28:05	106	Elizabeth	Peskin	F 29 33:59
51	Sam	Lamb	M 61 28:08	107	Chika	Okoro	F 26 34:01
52	Shamrokh	Massoudi	M 56 28:12	108	Shannon	Callens	F 27 34:02
53	Marg	Levi	M 43 28:15	109	U7		34:31
54	Diana	Caldwell	F 50 28:19	110	U8		34:31
55	Robin	Gibson	F 45 28:22	111	Dianne	Chosen	F 55 34:44
56	Ronald	Thomas	M 35 28:24	112	Lee Cohee	Keegan	M 65 35:00
57	Lew	Killian	M 58 28:30	113	U9		35:10
58	Robert	Bass	M 45 28:30	114	Chris	Savery	F 48 35:27
59	Marguerite	McCauley	F 36 28:38	115	Jessica	Varn	F 36 35:31
60	Lillian	Caldwell	F 16 28:46	116	Mary Alice	Puritz	F 37 35:32
61	Allie	Caldwell	F 16 28:46	117	Leah	Wiener	F 10 35:40
62	Michelle	Beitelman	F 35 28:47	118	Lillie	Kicho	F 8 36:53
63	Michael	Klump	M 53 29:14	119	Ben	Kish	M 44 36:59
64	Mark	Sandvoss	M 38 29:22	120	Elizabeth	Duggan	F 46 37:01
65	Colleen	Fahey	F 44 29:27	121	U10		37:02
66	William	Sundberg	M 37 29:34	122	Quinn	Townsend	F 26 37:05
67	Martha	Lang	F 28 29:36	123	Julie	Duggan	F 53 37:13
68	Michael	Hessman	M 19 29:42	124	Donna	Chason	F 47 37:37
69	Nichole	Forgarty	F 30 29:42	125	Betty	Dewar	F 48 38:26
70	Shemp	Horowitz	M 54 29:43	126	Margarete	Deckert	F 73 38:42
71	Jeremy	Lespi	M 27 29:43	127	Chad	Ginice	M 27 38:51
72	Kim	Kilcourse	F 29 29:46	128	Debbie	Krick	F 44 39:20
73	Lenore	Melney	F 35 30:04	129	Ed	Groh	M 59 39:29
74	Hennie	Shih	F 24 30:19	130	U11		39:32
75	Amy	Antimucci	F 31 30:19	131	U12		43:32
76	Janet	Hastings	F 54 30:26	132	Josephine	Newton	F 80 46:47
77	G. Mark	O'Bryant	M 46 30:32	133	Keana Skye	Coticello	F 6 47:03
78	Melissa	Rudd	F 39 30:41	134	Anthony	Coticello	M 34 47:04
79	Harry	Detwiler	M 47 30:41	135	Lynn	Wyman	F 28 50:25
80	Erik	Kirk	M 36 30:42	136	Byron	Brown	M 54 50:31
81	Amy	Starkey	F 31 30:48	137	Travis	Barnes	M 75 50:31
82	Rebecca	Riley	F 22 30:50	138	Ellen	Tuttle	F 52 50:51
83	Emily	Ruddell	F 60 30:51	139	Jere	Moore	M 74 53:53
84	U3		30:52	140	Charlie	Yates	M 81 53:56
85	Tim	Lynch	M 61 30:54	141	William	?	M 7 58:38
86	?	Biran	M 45 31:19	142	Sue	Enstead	F ? 62:21
87	Ryan	Fery	M 34 31:19				
88	U4		31:25				

**Grand Prix Status through
Veterans Day 10K
Bainbridge, GA 11/11/06**

Overall Female

Stephanie	Liles	F	33	8	210
Kirsten	Baggett	F	39	10	155
Fran	McLean	F	48	7	114
Sheryl	Rosen	F	21	4	97
Julie	Clark	F	44	6	92
Jane	Johnson	F	46	5	85
Christy	Pardieck	F	27	7	83
Connie	Clarke	F	44	7	79
Sarah	D-Williams	F	41	2	60
Kara	Newell	F	21	2	60
Kathy	Lindsay	F	46	5	47
Loranne	Ausley	F	42	4	44
Nancy	Laux	F	44	5	33
Angela	Dempsey	F	37	2	23
Bonnie	Wright	F	50	3	21
Sarah E.	Dugas	F	27	2	18
Seeley	Lovett	F	29	1	17
Judy	Alexander	F	44	2	16
Lisa	Johnson	F	24	1	15
Beth	Alexander	F	41	2	14
Laura	Howard	F	35	1	13
Nancy	Widener	F	56	3	13
Elizabeth	Kelsey	F	29	2	12
Kaitlyn	Crandall	F	16	1	11
Lisa	Whitworth	F	35	1	11
Jacque	Myers	F	49	2	10
Melissa	Zapata	F	26	2	10
Lisa	Echeverri	F	40	1	9
Toma	Wilkerson	F	36	1	7
Janine	Thomas	F	39	1	7
Kelly	Savery	F	17	1	7
Jo Lena	Pace	F	33	1	5
Sandra	Canada	F	43	1	5
Jackie	McDaniel	F	51	1	5
Lisa	Unger	F	38	1	5
Yvonne	Gsteiger	F	48	1	5
Lynn	Powell	F	41	1	3
Penny	Isom	F	43	1	3
Jessica	Kemeny	F	26	1	3
Diana	J-Ellis	F	49	1	3

1-9 Female

Mackenzie	Chesnutt	F	86	107
Lilly	Unger	F	35	61
Cheslyn	Donaldson	F	94	55
Lauren	Peavy	F	83	44
Katie	Whitworth	F	81	20
Cecelia	Williams	F	91	20
Caroline	Campbell	F	61	10

Laura	Ceci	F	31	8
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10-14 Female

Melissa	Jackman	F	14	8	98
Danielle	Jackman	F	14	7	94
Erin	Fraser	F	14	4	70
Cynda	Covert	F	14	3	42
Breanna	Bruner	F	10	3	41
Lily	Williams	F	11	2	40
Georgia	Mitchell	F	13	2	40
Maria	Coukoulis	F	12	1	12
Jenny	Johnson	F	12	1	12
Allison	Clarke	F	14	1	12
Adreane	Echeverri	F	13	1	12
Nikki	Anderson	F	14	1	6

15-19 Female

Kelly	Savery	F	17	1	20
Kaitlyn	Crandall	F	16	1	20
Whitney	Alexander	F	15	1	20

20-24 Female

Sheryl	Rosen	F	21	4	75
Kara	Newell	F	21	2	40
Megan	Pettifor	F	21	2	30
Amanda	Burgess	F	20	2	27
Lisa	Johnson	F	24	1	20
Katy	Ziegler	F	20	1	15
Kristine	Isom	F	21	1	15
Alexis	Newell	F	23	1	15

25-29 Female

Christy	Pardieck	F	27	7	135
Elizabeth	Kelsey	F	29	6	87
Sarah	E-Dugas	F	27	5	74
Melissa	Zapata	F	26	4	62
Rita	Tweed	F	29	5	57
Martha	M-Kutter	F	27	2	25
Jill	Page	F	25	1	20
Tamika	Brown	F	25	2	20
Seeley	Lovett	F	29	1	20
Jessica	Kemeny	F	26	1	12
Rebecca	Falk	F	27	1	8

30-34 Female

Stephanie	Liles	F	33	8	160
Jo Lena	Pace	F	33	8	122
Sara	Cleveland	F	33	3	47
Maria	Vives	F	32	2	27
Amy	Brown	F	33	1	12

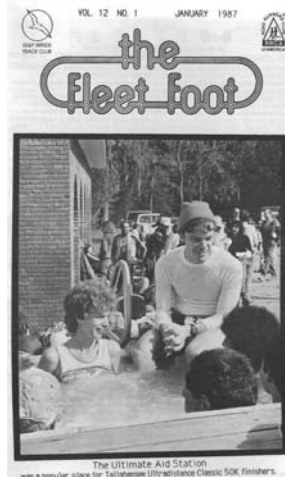
35-39 Female

Kirsten	Baggett	F	39	10	195
Janine	Thomas	F	39	8	101
Lisa	Unger	F	38	6	81
Willow	Shanti	F	36	6	40
Sherrie	Peavy	F	37	4	38
Angela	Dempsey	F	37	2	35
Marguerite	McCauley	F	35	4	32
Robin	Adams	F	37	3	28

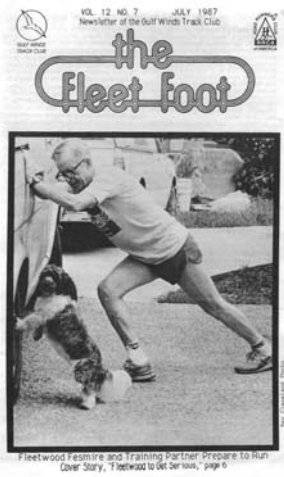
Toma	Wilkerson	F	36	2	27	Mary Jean	Yon	F	50	6	92
Melissa	Rudd	F	38	2	25	Ruth	Jones	F	54	6	66
Lisa	Whitworth	F	35	1	20	Nada	Scott	F	52	5	38
Laura	Howard	F	35	1	15	Cynthia	Christen	F	52	4	30
Marisol	Roberts	F	35	2	12	Kay	Posey	F	52	2	24
Barbara	Auger	F	38	2	10	Jan	Blue	F	51	2	20
Ann	Bowman	F	37	1	10	Vicky	Bernal	F	54	4	18
Birgit	Cromartie	F	35	1	8	Margot	Palazesi	F	51	2	12
Jennifer	Winegardner	F	37	1	6	Jeanne	O'kon	F	54	1	10
Sondra	Lee	F	37	1	6	Dianne P	Douglas	F	52	2	8
Lena	Juarez	F	36	1	2	Angie	Goodman	F	51	1	8
<u>40-44 Female</u>											
Connie	Clarke	F	44	8	126	Sue	Kelly	F	54	1	8
Julie	Clark	F	44	6	110	Kathy	Flippo	F	52	2	8
Beth	Alexander	F	41	11	105	<u>55-59 Female</u>					
Nancy	Laux	F	44	6	82	Mary	Stutzman	F	57	9	147
Loranne	Ausley	F	42	4	62	Nancy	Widener	F	56	7	135
Sarah	D- Williams	F	41	2	40	Susan	Cornwell	F	56	10	131
Lisa	Echeverri	F	40	3	31	Dawn	Brown	F	57	10	102
Judy	Alexander	F	44	3	31	Marsha	Vaile	F	56	4	54
Penny	Isom	F	43	3	28	Emily	Ruddell	F	59	2	22
Sandra	Canada	F	43	3	22	Janice	Hochstein	F	55	1	20
Susan	Ledford	F	42	3	18	Karen	Smith	F	57	1	12
Sherri	Jackman	F	42	2	16	Melvina	Macdonald	F	55	1	8
Paula	Kiger	F	41	2	12	Christie	Koontz	F	56	1	6
Lynn	Powell	F	41	1	10	Gloria	Crittenden	F	57	1	4
Lisa	Cox	F	40	1	10	<u>60-64 Female</u>					
Barbara	McKibben	F	43	1	6	Perha	Varley	F	61	4	80
Dawn	Jimenez	F	40	1	6	Pheona	Kaiser	F	63	2	35
Sue	Bickford	F	40	1	4	<u>65-69 Female</u>					
Kirsten	Anderson	F	41	1	2	Mae	Cleveland	F	66	6	120
Nancy	Donovan	F	40	1	2	Mary Lou	Manausa	F	67	3	42
<u>45-49 Female</u>											
Fran	McLean	F	48	9	137	Dot	Skofronick	F	68	1	15
Jane	Johnson	F	46	5	100	<u>70-74 Female</u>					
Kathy	Lindsay	F	46	6	89	Margarete L	Deckert	F	72	4	80
Jacque	Myers	F	49	7	87	<u>75 + Female</u>					
Nadine	Dexter	F	47	7	62	Rosalie	Myers	F	84	8	135
Terry	Massa	F	48	6	38	Josephine K	Newton	F	79	6	120
Diana	J- Ellis	F	49	3	33	<u>Overall Male</u>					
Chris	Savery	F	47	3	26	Michael	Martinez	M	40	11	233
Sissi	Carroll	F	47	2	25	Carl	Nordhielm	M	43	10	186
Yvonne	Gsteiger	F	48	2	24	Tim	Unger	M	46	9	136
Pam	Breza	F	45	2	21	Jared	Black	M	17	7	133
Debby	Alexander	F	45	2	16	Bill	McCord	M	43	10	110
Michele	Rowe	F	45	2	16	Eric	Smith	M	33	7	106
Linda	Avant	F	48	1	15	David	Yon	M	50	7	78
Wendy	Smith	F	49	1	12	Tony	Guillen	M	37	7	71
Kathy	Dunnigan	F	47	1	8	Jay	Wallace	M	41	4	70
Dianne	Dearduff	F	46	1	6	Levon	Hoomes	M	16	2	60
Cathy	McCarty	F	49	1	4	Jack	McDermott	M	36	4	38
Mary Jane	Tappen	F	48	1	2	Felton	Wright	M	48	6	36
<u>50-54 Female</u>											
Bonnie	Wright	F	50	10	190	Reynolds	Griner	M	17	2	35
Jackie	McDaniel	F	51	9	126	Hobson	Fulmer	M	50	3	27
						Tom	Ratliffe	M	58	4	26
						Dean	Nordhielm	M	16	1	20

Christopher	Holland	M	19	1	20				
Fritz	Stoppelbein	M	20	2	14				
Greg	Waddell	M	39	1	13				
David	Cox	M	47	2	12				
Jeff	Nielsen	M	48	2	8				
Donald	Smith	M	26	1	7				
Jay	Silvanima	M	45	1	7				
Mike	La Bossiere	M	39	1	7				
Mike	Weyant	M	40	1	5				
Charles	Kemeny	M	30	1	5				
Reid	Vannoy	M	47	1	5				
Jerry	McDaniel	M	52	1	3				
Craig	Willis	M	54	1	3				
Andy	Roberts	M	38	1	3				
Mike	Sims	M	53	1	3				
<u>1-9 Male</u>									
Nick	Dietrich	M	95		100				
Jimmy	Baggett	M	63		47				
Jeff	Auger	M	93		42				
Alexander	Bowman	M	53		33				
Joshua	Liles	M	62		30				
Wayne K	Kiger	M	63		28				
Chad	Manausa	M	92		27				
Colbi	Hopkins	M	71		10				
Chris	Lindsay	M	91		6				
Luke	Ceci	M	61		4				
Zach	Roberts	M	71		2				
<u>10-14 Male</u>									
Luke	Liles	M	10	4	62				
Jamie	Wright	M	12	3	47				
Travis	Black	M	14	2	40				
Joey	Vannoy	M	12	2	40				
Travis	Covert	M	11	2	35				
Michael	McGuire	M	11	2	25				
Nicholas	Minno	M	11	1	20				
Patrick	Dennis	M	14	1	20				
Davis	Clarke	M	11	1	15				
<u>15-19 Male</u>									
Jared	Black	M	17	7	125				
Michael	Dobson	M	15	6	87				
Reynolds	Griner	M	17	2	40				
Levon	Hoomes	M	16	2	40				
Brad	Givens	M	17	3	28				
Aaron	Doheny	M	17	1	20				
Christopher	Holland	M	19	1	20				
Dean	Nordhielm	M	16	1	15				
Thomas	Lynch	M	19	1	15				
Jeff	Givens	M	19	1	12				
Chase	Mamatey	M	15	1	10				
Cameron	Massa	M	16	1	8				
Christopher	McGuire	M	16	1	8				
Andrew	McWilliams	M	15	1	8				
<u>20-24 Male</u>									
Fritz	Stoppelbein	M	20		5				
									100
Clark	Evans	M	22	3	44				
Daniel	Scheller	M	23	2	30				
Casey	Perkins	M	20	2	30				
James	Dexter	M	21	1	20				
Chris	Dexter	M	24	1	12				
<u>25-29 Male</u>									
John	Falk	M	27	8	114				
Donald	Smith	M	26	5	100				
Chris	Sumner	M	26	5	74				
Joe	Crook	M	26	4	55				
Maroun	Beyrouthy	M	29	3	50				
Michael	Pasquier	M	25	1	20				
Gabriel	Giordano	M	28	1	15				
Phillip	Claiborne	M	25	1	12				
<u>30-34 Male</u>									
Eric	Smith	M	33	7	140				
Scott	Heath	M	34	9	130				
Charles	Kemeny	M	30	2	35				
Brian	Burch	M	31	2	30				
Ronald	Thomas	M	34	2	27				
Jobst	Elster	M	33	2	25				
Chad	Heckman	M	32	1	15				
Damian	Wilson	M	32	1	10				
<u>35-39 Male</u>									
Tony	Guillen	M	37	7	140				
John	Matthews	M	35	9	121				
Mike	La Bossiere	M	39	6	80				
Jack	McDermott	M	36	4	60				
Chad	Henry	M	36	5	57				
Andy	Roberts	M	38	4	56				
Stephen	Veliz	M	36	5	47				
Greg	Waddell	M	39	1	20				
Hayden	Dempsey	M	38	2	14				
Travis	Miller	M	36	1	12				
Jeff	Bryan	M	38	1	10				
David	Ensley	M	36	2	10				
Jimmy	Lee	M	36	1	8				
Mark	Delegal	M	38	1	6				
Jack	Brennan	M	36	1	4				
<u>40-44 Male</u>									
Michael	Martinez	M	40	11	186				
Carl	Nordhielm	M	43	10	158				
Bill	McCord	M	43	10	136				
Jay	Wallace	M	41	4	55				
Chuck	Davis	M	44	7	50				
Douglas	Covert	M	41	5	44				
Mike	Boll	M	41	7	38				
Mike	Weyant	M	40	4	36				
Keith	Rowe	M	44	5	22				
Frank	Rudd	M	42	3	18				
Sean	Phelps	M	42	2	16				
Robert	Mcneal	M	44	2	16				
Grea	Bevis	M	44	2	8				
Sean	Bower	M	41	3	6				
Cris	Williams	M	44	1	6				

Bennett	Chesser	M	42	1	4	Bill	McGuire	M	58	4	62
Rob	Dearduff	M	40	1	4	Gary	Griffin	M	56	4	55
<u>45-49 Male</u>						Jerry	Chesnutt	M	55	6	42
Tim	Unger	M	46	9	180	Chuck	Booker	M	55	3	37
Jay	Silvanima	M	45	9	116	Joe E	Dexter	M	59	4	34
David	Cox	M	47	8	93	Joe	Donoghue	M	58	3	33
Felton	Wright	M	48	6	92	Terry	Tenold	M	56	4	32
Gary	Cato	M	49	8	72	Jerry	Ongley	M	58	2	30
Jeff	Nielsen	M	48	2	27	David	Farnsworth	M	55	2	20
Jeff	Kuperberg	M	45	3	26	Rob	Cunningham	M	57	2	18
Jimmy	Ledford	M	49	4	22	Bruce	Lynn	M	58	2	14
Robby	Turner	M	47	4	22	Bill	Perry	M	57	1	12
Daniel	Fortunas	M	45	2	18	Bob	Schilling	M	56	1	6
Reid	Vannoy	M	47	2	17	Dennis	Hitchens	M	55	1	6
Myron	Herring	M	46	2	14	Gene	Opheim	M	59	1	2
Richard	Ziegler	M	46	2	12	Warren	May	M	58	1	2
Randy	Hanna	M	47	1	10	<u>60-64 Male</u>					
Paul	Peavy	M	46	2	10	Guy	Anglin	M	62	9	148
Matthew F	Minno	M	46	1	10	Ronald	Christen	M	60	8	134
Thurmon	Cutchins	M	46	1	10	Clint	Watkins	M	63	10	109
Bob	Asztalos	M	46	1	10	George S	Palmer	M	61	7	83
Timothy	Hoomes	M	47	1	8	Maynard	Sweeley	M	61	6	74
Glen	Alexander	M	49	2	8	David	Darst	M	62	8	69
Tom	Mchaffie	M	48	1	8	Carlos	Zapata	M	60	9	68
Reg	Perry	M	46	1	6	Nick	Yonclas	M	62	2	26
David A	Thompson	M	49	1	6	Bill	Hillison	M	61	1	20
Steven	Stolting	M	47	1	4	David E	Smith	M	61	3	16
Harry	Detwiler	M	46	1	4	Ray	Hanlon	M	62	3	10
Scott	Savery	M	48	1	2	Charles R	Futch	M	64	2	10
Bill	Hollimon	M	45	1	2	Shaun	Donahoe	M	62	1	4
David	Voorting	M	45	1	2	Mark	Hillis	M	63	1	2
<u>50-54 Male</u>						<u>65-69 Male</u>					
David	Yon	M	50	10	165	Rex	Cleveland	M	66	9	172
Mike	Sims	M	53	11	146	Mike	Schneider	M	68	10	142
Jerry	McDaniel	M	52	9	113	John	Rakestraw	M	69	8	125
Craig	Willis	M	54	10	109	James	Story	M	65	1	10
Hobson	Fulmer	M	50	5	90	<u>70-74 Male</u>					
Warren A	Emo	M	52	10	78	Robert	Morris	M	74	10	152
Dale L	Smith	M	52	5	30	Arthur B	Ward	M	72	11	149
Tim	Brewton	M	50	4	24	Bob	Keller	M	71	7	140
Mark	Dietrich	M	50	5	16	Jere	Moore	M	73	6	63
Rick	Givens	M	54	2	14	Bill	deGrummond	M	71	3	47
Richard L	Addison	M	51	3	10	James	Skofronick	M	74	2	20
Ithel	Jones	M	51	2	8	<u>75 + Male</u>					
Bud	Fennema	M	50	1	8	Charlie R	Yates	M	80	7	135
Alfred	Bea	M	50	2	8	John	Alderson	M	79	1	20
Shannon	Sullivan	M	51	1	4						
Ed	Claiborne	M	51	1	4						
Tom	Perkins	M	54	1	2						
Wes	Bruner	M	51	1	2						
Pete	Kerwin	M	53	1	2						
<u>55-59 Male</u>											
Tom	Ratliffe	M	58	10	195						
Terry	Ryan	M	57	8	86						
Gordon	Morgan	M	59	11	83						



The Ultimate Aid Station was a popular place for Tallahassee Ultrarace Classic 50K finishers.



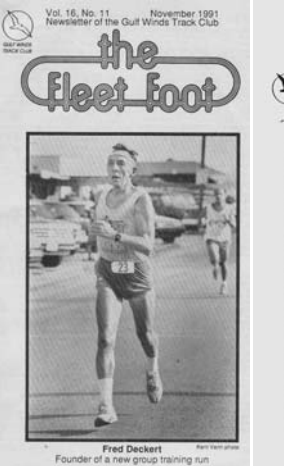
Fleetwood Respire and Training Partner Prepare to Hunt Cover Story, 7 feetwood to get better, page 6



Summer Track Grand Prix Final Standings Warren Jarrams-2nd, Andrew Pharey-1st, Chris Teal(far right)-3rd



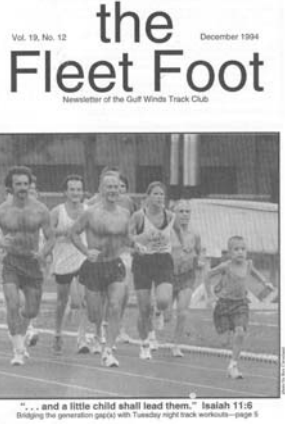
Mary Jean Yen wins Boston, and proves you can smile while running.



Fred Deckert Founder of a new group training run



Rick Palmer 1982-1993



"... and a little child shall lead them." Isaiah 11:8 Bridging the generation gap(s) with Tuesday night track workouts—page 5



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COVER CONTEST

The covers shown were submitted for the best Fleet Foot Covers. Since there were not enough votes to choose the best one, we are extending the contest another month. You may vote for one of the above, or choose another. The winning cover will be featured next month.

Note: All new and renewing members must sign the waiver on this page. Don't forget to include a contribution to the GWTC Chenoweth Endowment Fund. Visit www.gulfwinds.org for more information on the Fund.

Today's Date _____ Sex (M, F) Birth Date: _____

Name _____

Street _____ Apt# _____

City, State, Zip _____

Phone _____ E-mail _____

Other Family Members joining? Please include name, sex and birth date below.

Membership Application _____ New _____ Renewal
Individual or Family Membership _____ \$20 or \$25
Amount of Chenoweth Contribution _____ First Class Option _____ \$5
Total Amount _____
Primary Member Signature _____

Signature(s) of other members

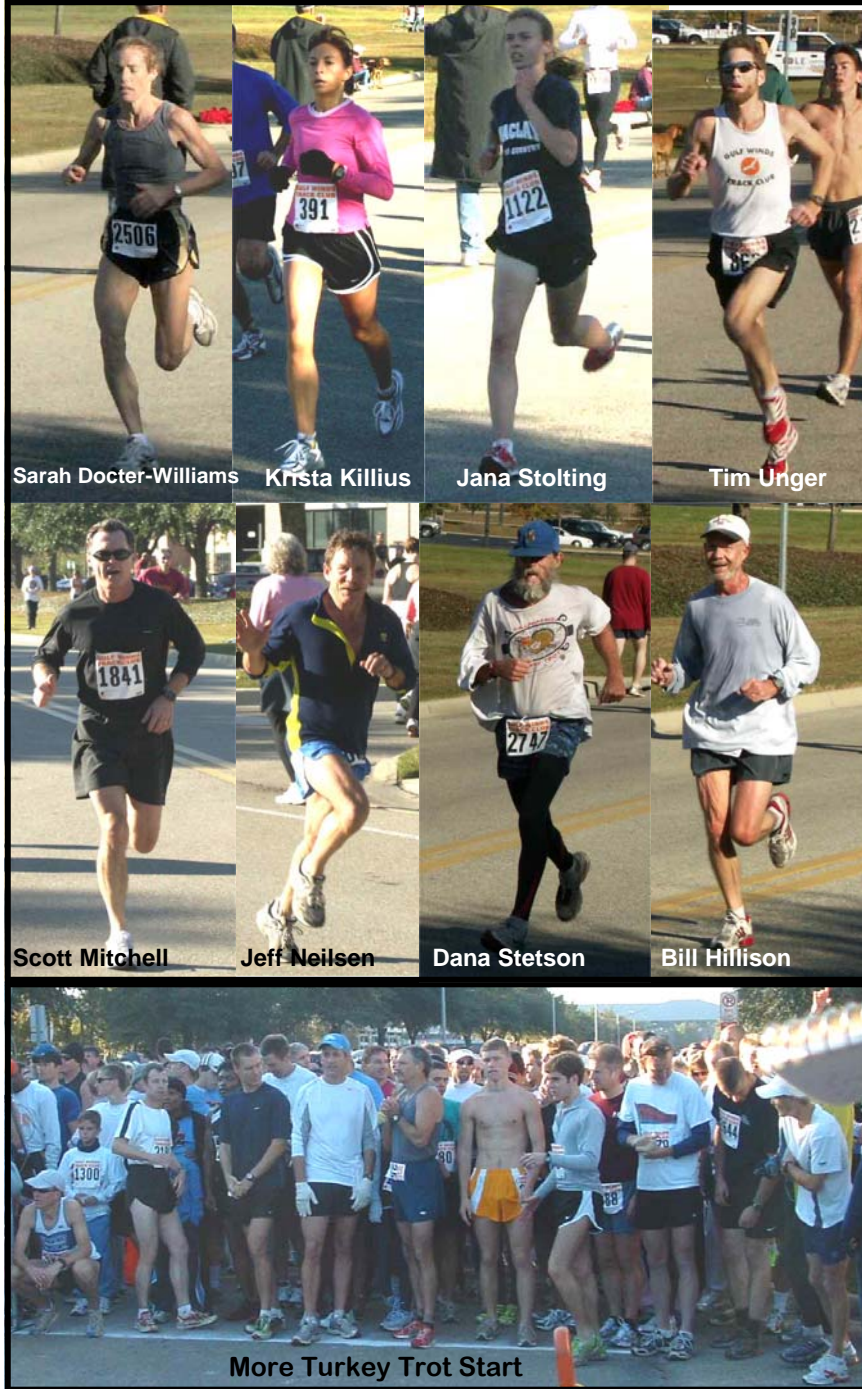
(Parent must sign for members less than 18 years of age)
Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run. I assume all risks associated with running and volunteering to work in club races, including but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Gulf Winds Track Club, Inc, and all sponsors, their representatives and successors from all claims or liabilities or any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

All memberships expire December 31. Full year dues are \$20 individual; \$25 family (1 address). During Apr-Jun: \$16.25 \$20. Jul-Sep: \$12.50; \$15. Oct-Dec: \$23.75; \$30 (Oct-Dec includes next calendar year). For First Class Mail add \$5

Check here if you are renewing and your information has not changed.
Mail to: GWTC, P.O. Box 3447, Tallahassee, FL 32315



Collage of Tom Scott Photos from the Turkey Trot





Start of the Turkey Trot

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